Best Practices During COVID-19

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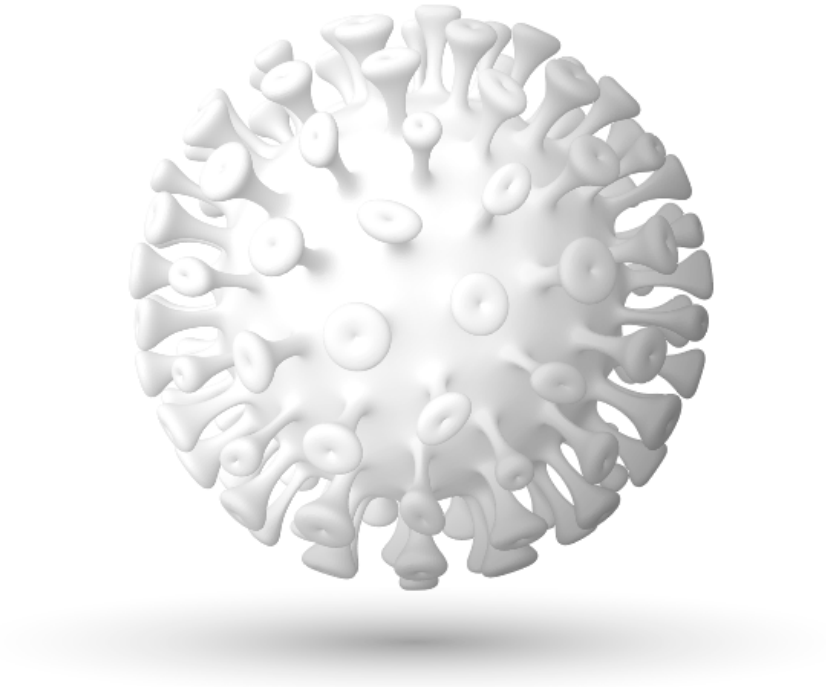
CORONAVIRUS



Defensive measures can minimize the risk of infection FROM COVID -19
https://www.cdc.gov/coronavirus/2019-ncov/index.html

The CDC states that the virus is thought to spread mainly from **person-to-person** and primarily between people who are in close contact with one another (within about 6 feet). It is thought to infect others via respiratory droplets produced when an infected person coughs or sneezes. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

Secondly, this virus can be spread from contact with infected surfaces or objects. It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads.

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1.0 EMERGENCY KIT

Prepare an illness emergency kit in case the virus is serious enough to keep you and your family at home. According to *Consumer Reports* magazine and the U.S. Centers for Disease Control and Prevention, your kit should include:

- A two-week supply of food and water
- Fever reducers such as acetaminophen, ibuprofen, or naproxen.
- Cough and cold medications containing chlorpheniramine, diphenhydramine, pseudoephedrine, and lozenges with dyclonine, glycerin, or honey can help ease symptoms.
- Electrolyte drinks, such as Gatorade or Powerade, to keep you hydrated.
- Hand sanitizer with at least 60 percent alcohol, to kill viruses when soap and water aren't available.
- Thermometer to monitor temperature gradient during a fever.
- Lysol wipes for doorknobs, handles, grocery carts, etc.
- Latex gloves to use when filling your car with gas and being in public places
- Face mask for you to wear in public settings where other social distancing measures are difficult to maintain.

A NOTE ON FACE MASKS: April 3, 2020

Studies have shown a significant portion of individuals with Coronavirus lack symptoms ("asymptomatic") and that even those who eventually develop symptoms ("pre-symptomatic") can transmit the virus to others before showing symptoms. This means that the virus can spread between people interacting in close proximity.

In light of this evidence, CDC updated their recommendations to use face coverings to help slow the spread of COVID-19, especially in public settings where other social distancing measures are hard to maintain.

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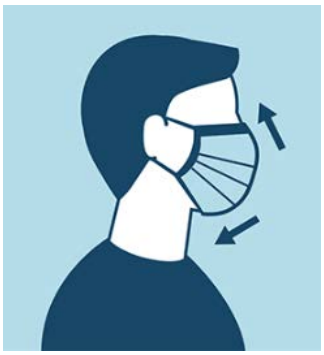
1.1 HOW TO WEAR A CLOTH FACE COVERING

CDC advises the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others. Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used as an additional, voluntary public health measure.

The cloth face coverings recommended are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance.

Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.

Cloth face covings should:



- Fit snugly but comfortably against the side of the face.
- Be secured with ties or ear loops.
- Include multiple layers of fabric.
- Allow for breathing without restriction.
- Be able to be laundered and machine dried without damage or change to shape.
- Be routinely washed depending on the frequency of use.
- Be removed carefully without touch your eyes, nose and mouth. After removing your face mask remember to wash your hands immediately.

NOTE: Continue to keep about 6 feet between yourself and others. The cloth face cover is not a substitute for social distancing.

2.0 PREVENTION TIPS

Universal flu prevention measures should be practiced by everyone everywhere. This is especially applicable during the COVID-19 pandemic.

- If you are feeling ill, please stay home.
- Use hand sanitizer at public facilities when offered. Keep a bottle of sanitizer available at each of your home entrances. AND in your car for use after getting gas or touching other contaminated objects when you can't immediately wash your hands.
- Do not touch your face, such as your nose, mouth, eyes. The thin membranes in the mouth, nose, and eyes may easily transmit the virus into your body if you touch an infected surface and then your face. One study found that people typically touched their faces 15 times in an hour.
- Experts recommend limited or NO HANDSHAKING! Use a fist bump, slight bow, elbow bump, etc.
- Open doors with your closed fist or hip - do not grasp the handle with your hand unless there is no other way to open the door. Especially important on bathroom and commercial doors.
- Use disinfectant wipes at the stores when they are available, including wiping the handle and child seat in grocery carts.
- To kill germs, infectious-disease experts recommend washing with soap and water for at least 20 seconds, about as long as it takes to sing the "Happy Birthday" song twice to yourself. Dry your hands with a paper towel, then use the towel to shut off the faucet and open the bathroom door. If soap and water aren't available, use instant hand sanitizers containing at least 60 percent alcohol.
- Use good cough/sneeze etiquette. Turn your head and cough or sneeze into a disposable tissue or the inside of your elbow if no tissue is available. Don't cough or sneeze into your hands. Dispose of the tissue and wash your hands or use hand sanitizer immediately. Place all contaminated disposable items in lined containers before disposing of them with other household waste. The clothing on your elbow will contain an infectious virus that can be passed on for up to a week or more!

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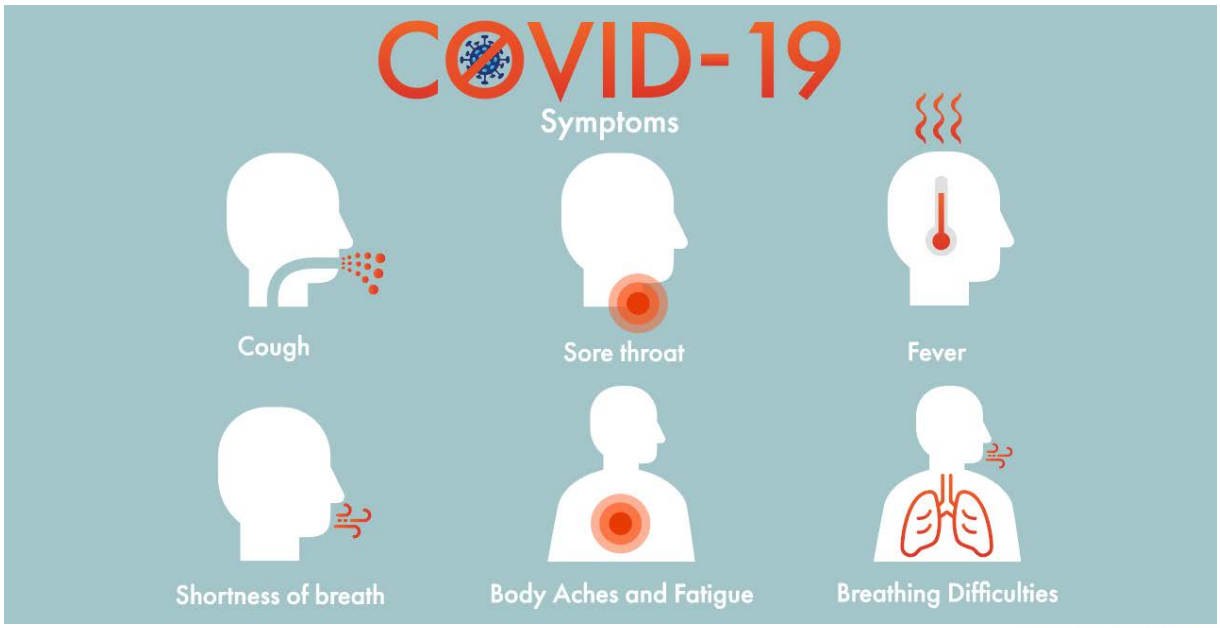
3.0 HOME

- Make it a house rule that hand-washing is the first thing when entering the home.
- Avoid having multiple-use cloth hand towels in the bathroom or kitchen. Use paper towels or have a different-color towel for each family member.
- Use a disinfectant to regularly sanitize commonly touched surfaces, such as door handles, faucets, light switches, toilet handles, and bathroom and kitchen counters. While we don't know how long the Coronavirus can survive on surfaces, studies have shown that human influenza viruses can survive on surfaces for 2 - 8 hours.
- Routinely clean with soap and water any toys and objects that young children may put into their mouths.
- To keep your immune system healthy, eat a well-balanced diet with plenty of fruits and vegetables; reduce stress; get seven to nine hours of sleep a night; reduce alcohol consumption; and get plenty of exercises, but not to the point of exhaustion.
- Don't smoke. Smoke paralyzes the cilia, the hair-like cells lining the nose and airways that sweep incoming viruses away before they can infect.
- When possible, open a few windows. Germs like stagnant air, so get the air moving.
- If someone in your family gets sick, try to isolate him or her to their own bedroom. Keep the door closed and limit who enters and how long they stay. In a pandemic, the most potent weapon is social isolation.
- The caregiver should consider wearing a surgical face mask when tending to a sick person. If the caregiver is high-risk (immunocompromised), then the face mask should be an N95 respirator, which keeps out smaller droplets. The caregiver should also wear eye protection. Otherwise, there is no need for a face mask in public.
- If someone at home is sick, seek medical advice via telephone. Don't make a trip to the doctor's office or emergency room unless instructed to by your doctor. Ask your medical provider to prescribe an anti-viral drug (Tamiflu or Relenza), which can make symptoms milder and end sooner. The drugs work best if you started taking them within the first two days of symptoms.

4.0 WORK/SCHOOL (If there is no safer-at-home order)

- When you are sick, stay home. Keep your sick child out of school or childcare. Avoid exposing other people.
- If you have a fever, especially if you also have a sore throat or cough, that's a real indication that its influenza, other typical flu symptoms include congestion, chills, headache, body aches, and fatigue. See the infographic below for the most common symptoms for Coronavirus.
- If you get the flu, the CDC recommends that you stay home for seven days after symptoms begin or until you're symptom-free for 24 hours, whichever is longer. For confirmed or suspected COVID-19 isolation, precautions are made on a case-by-case basis in consultation with healthcare providers and state and local health departments.
- One sick person can contaminate an entire office space. Wipe the phone, desk, keyboard, and computer mouse with disinfectant every day. Avoid sharing stationaries.
- Instead of using the office or school water fountain, bring a reusable water bottle and drink from that. The water fountain could become contaminated with virus germs. Also, if refilling your own water bottle from the water cooler, take care not to touch the rim or bottle opening to the fountain spigot.
- Elevator buttons are loaded with germs. Use your elbow to push buttons.
- Avoid shaking hands and practice social distancing; however, if you must shake hands remember not to touch your face.
- Give your child a pocket-sized hand sanitizer to use at school when soap and water aren't available.



5.0 TRAVEL

Limit traveling to only essential business if possible. If there is no safer-at-home order and travel is not avoidable. Here are some best travel practices:

- Don't touch the handrails on motorized walkways at the airport.
- Wipe down your airplane tray table and armrests with a disinfectant wipe.
- Stay hydrated when you fly. The dry air in planes can dry out the mucus of the nose and mouth, which normally acts as a protective barrier to bacteria and viruses. Consider bringing a small, nasal saline spray on board and using it to moisturize your nose. Take advantage of the beverage cart and bring your own bottle of water. Just say "no" to in-flight wine, whiskey, and caffeine, because they are all dehydrating.
- Bring a tiny bottle of hand sanitizer or sanitizer wipes in your carry-on bag to disinfect your hands between trips to the restroom, where you can wash with soap and water.
- Consider a quick disinfecting of your hotel room. You don't know if the person (who stayed there before you) was sick and how well the maids cleaned
- Rental cars can be rife with germs. Wipe down the steering wheel, door handles, and gearshift with a disinfectant when you pick up the vehicle.

6.0 OUT AND ABOUT (when non-essential business reopens)

- Don't touch an escalator handrail with your hands. If you need to hold on, lean your forearm lightly against the rail to help you keep your balance.
- Shopping cart handles are crawling with germs. Use the disinfectant wipes provided by some stores to clean off the handles and don't touch your face. Use a hand sanitizer as soon as you get back to your car.
- Be careful and practice social distancing.
- Wipe off gym equipment with a disinfectant cloth, often available at gyms. Wiping it with a towel is a drying mechanism. Viruses typically don't survive as long on a dry surface as a damp surface.
- Ask your gym to provide disinfectant wipes or sprays. Clean exercise equipment before and after you use it.
- Always spread a towel over exercise surfaces that you'll be sitting or lying on.
- In movie theaters, try not to touch the armrests with your hands. This is especially important if you're eating popcorn and have your hands to your mouth.