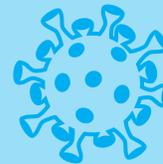




# COVID-19 IS A RESPIRATORY VIRUS!

## GERMS ARE EVERYWHERE!

- In food, water, and soil
- In our mouth and in our body
- On our skin, face, hands, and nose
- On pets and animals
- On toys, floors, furniture, and clothing

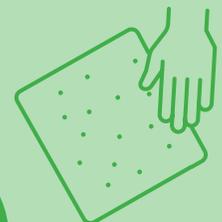


Germ (bacteria or viruses) are so small we can't see them with our eyes. Germs can only be seen with a microscope.

The new coronavirus can easily spread through a cough or sneeze that is not covered. It can live on hard surfaces for 72 hours or more in some cases. Viruses on a doorknob can get onto your hands, and you can spread the virus on your hands by shaking someone else's hand. You could get sick if you don't wash your hands before eating.

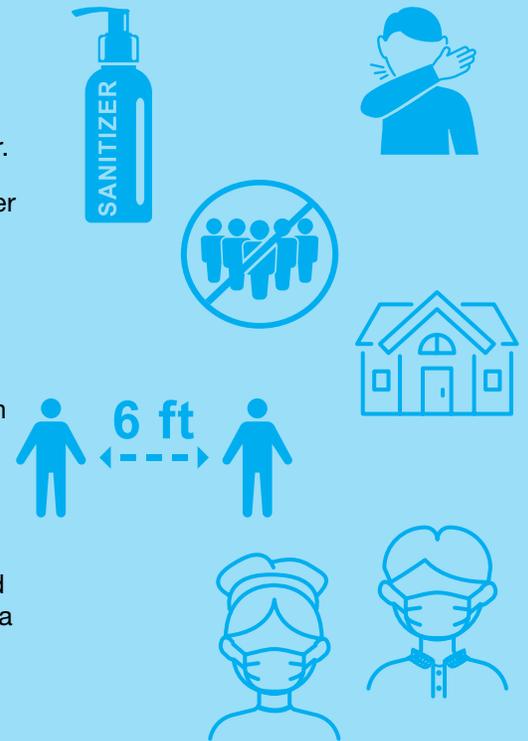
## ABOUT THE NEW CORONAVIRUS

- Called SARS-CoV-2 and causes the COVID-19 illness
- Main symptoms are fever, cough, and trouble breathing
- Symptoms appear 2 to 14 days after exposure
- Can cause little illness to severe illness that could result in death
- Spreads by person-to-person contact and direct contact with the virus, such as through respiratory droplets on surfaces
- Can be transmitted when a person has symptoms, before a person shows symptoms, and even if a person shows no symptoms
- Easier to catch and more dangerous than the flu
- Older people and those with heart and lung conditions, diabetes, hypertension, and cancer have higher risk of complications
- Currently, no vaccine or medications to prevent or kill it
- Medications only help fight symptoms



## HOW TO PREVENT THE SPREAD OF THE CORONAVIRUS

- Wash your hands regularly and after each time you enter your house.
- Wash your hands before you touch your face (mouth, nose, and eyes).
- If you are not able to wash your hands with soap and water, use hand sanitizer.
- Cough or sneeze into your elbow or use a tissue; do not use your hand to cover your mouth or nose. Immediately throw the tissue into a trash basket with a lid and wash your hands.
- Avoid leaving the house, unless for essential business, even if you are healthy and not showing symptoms.
- Limit shopping. If you do shop, wash your hands or use hand sanitizer as soon as possible when you get home.
- If you go outside your home, avoid shaking hands or other direct contact and keep a safe distance of 6 feet from others. This is called “social distancing.”
- Everyone, sick or not, should wear a cloth mask that covers both the nose and mouth when around other people outside the home. You do not need to wear a mask when alone or at home.
- Clean and disinfect hard surfaces and door knobs regularly.



## BEST WAY TO WASH YOUR HANDS:

1. Wet your hands under water.
2. Now use bar soap or liquid soap.
3. Scrub for 20 seconds. (Sing “Happy Birthday” two times.)
4. Rinse well and dry your hands with a paper towel.



**Note: Areas most missed include thumb, fingertips, and between fingers! Be sure to scrub under fingernails.**

## WHAT TO DO IF YOU ARE SICK OR IF YOU NEED TO LOOK AFTER A SICK PERSON



### IF YOU ARE SICK:

- Stay home!
- Tell your doctor if you have mild symptoms (fever, cough, shortness of breath).
- Contact your doctor immediately if you have trouble breathing, feel pressure on your chest, are confused, or have blueish lips or face.
- Isolate yourself from the rest of the house and choose only one person to come in the room and take care of you.
- Wear a mask or face cloth when you are with your caregiver.
- Do not share dishes, towels, or bedding with other people in your home. After use, wash these items well.

### IF YOU ARE CARING FOR SOMEONE WHO IS SICK:

- Wear one mask while caring for the sick, and another while around other people.
- Always wash your hands after taking care of the sick.
- Clean and disinfect surfaces in common areas of the home but not the sick room.

### HOW TO CLEAN AND DISINFECT

- Use a solution of 4 teaspoons of bleach to 1 quart of water or 1/3 cup bleach to 1 gallon water.
- Apply this solution to the surface for 10 minutes and then rinse the surface with clean water.



BLEACH



WATER



Prepared by Kay Moyer, volunteer, and Maria Luisa Tejada de Rivero Sawers, food, families, and health educator.

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