Germs are so small we can’t see them with our eyes. Germs can only be seen by using a microscope.

Viruses and Bacteria (Germs) are Everywhere!

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, furnisher and clothing

COVID-19:
- Can be spread before the ill person has symptoms.
- Is more catching than flu.
- Stays on hard surfaces for hours-days: clean with disinfectant
- Can cause mild to severe illness.
- Causes fever, cough, or shortness of breath.
- Causes symptoms 2 days to 14 days after exposure.

Did You Know That:
- There is currently no vaccine that prevents this illness.
- There is currently no proven medicine that fights this illness.
- Spreads from person to person by droplet and by direct contact to the virus.

COVID-19 virus is spread by contact to the virus in a droplet. A droplet (ˈdräplet) is a very small drop of liquid spit out when we talk, cough or sneeze.

COVID-19 virus can stay on hard surfaces in a room for 2 hours to 72 hours. Prevent exposure to germs that are on hard surfaces. Frequently clean with a disinfectant.

Just the Facts: CORONAVIRUS (COVID-19) a Respiratory Virus!
A new dangerous virus.

Read, Copy, and Share This Information.
3. **Facts to Help Decrease the Spread of COVID-19!**

   This virus is tiny. If a person is sick with this virus and they do not cover a cough or sneeze, the virus can enter the lungs of a person standing nearby.

   **Droplets**—tiny drop of liquid containing germs.

   If you touch germs that are on a hard surface like a desk, table, doorknob, or toy and don’t wash your hands, you can get sick. That’s why it’s important **NOT** to touch your face (nose, mouth and eyes) before washing with soap and water.

   Germs on a doorknob can rub onto your hands. If you don’t wash with soap/water before touching your face or eating food, you could get sick.

   Germs on our hands can be shared by shaking someone’s hand. Consider not shaking hands.

4. **Do All You Can to Prevent the Spread of Germs and Illness:**

   a. Stay home if you are sick!

   ![Image of someone with a cough]

   b. Stay in another room, away from others.

   ![Image of someone wearing a mask]

   c. If someone in your household has tested positive for Coronavirus, keep all family members home for 14 days.

   ![Image of someone sneezing]

   d. If a person is ill with COVID-19 illness, they should wear a mask while around others, for 7 days after the symptoms began.

   ![Image of a used snuppie/tissue being thrown into a trash basket]

   e. Cover your cough or sneezes with your elbow or snuppie/tissue.

   ![Image of a person washing hands with soap]

   f. Throw a used snuppie into a trash basket.

   ![Image of a person washing hands with soap]

   g. Wash your hands with soap & water for 20 seconds. Sing “Happy Birthday” 2 times.

   ![Image of a person using hand sanitizer]

   h. If you are not able to wash with soap and water, use a hand sanitizer.

   ![Image of a person staying home]

   i. Stay home away from large gatherings (more than 10 people).

   ![Image of a person doing the shopping]

   j. Only one person should do the shopping for food and essential items.

   ![Image of a person staying home]

   k. The best way to decrease your exposure to COVID0-19 virus is to stay home.
5. **Best Way To Wash Your Hands.**
   A. Wet your hands under water.
   B. Now use bar soap or liquid soap.
   C. Scrub for 20 seconds. **Sing “Happy Birthday” 2 times.**
   D. Rinse well and dry your hands with a paper towel.

6. **Best Thing to Do to Prevent Illness at Home/School:**
   is to **STAY HOME When You are Sick!**

**Wash Your Hands Immediately After:**
- Getting home from work—don’t bring germs home from work.
- Getting home from school—don’t bring germs home from school.
- Working outside at home/farm—don’t bring germs into the house from the barn, animal or poultry pens.

**Clean and disinfect—** tables, chairs, floors, toys, & desks.

Use a solution of 1 tablespoon of bleach to 1 quart of water or ½ cup bleach to 1 gallon of water. Apply this solution to the surface and let stand a 10 minutes and then rinse the surface with clean water.

Covid-19 virus can be spread by people who are ill that do not yet show symptoms of fever, cough, or difficulty breathing.

That’s why it’s important to **stay home, limit shopping and visiting.**

If you do shop, wash your hands or use a sanitizer, as soon as possible.

Sending one person to do the shopping is smart.

Decrease an older person’s risk of exposure by providing them groceries so they can stay at home.
New CDC Recommendations: wear a cloth face mask in public places where it's difficult to maintain 6 feet apart (e.g., grocery stores and pharmacies), especially in areas of significant community-based transmission.

The President's Guidelines for America TO SLOW THE SPREAD OF COVID-19 Virus
Has Been Extended For **30 More Days**!

Listen and Follow the Directions of Your STATE AND LOCAL AUTHORITIES.

**Pennsylvania**, as well as some other states, require everyone to stay at home except to go to a doctor, drug store, to care for an older person, or to food shop.

**Guidelines include:**

1. If you feel sick, stay home. Do not work. Contact your doctor.
2. If your children are sick, keep them home. Do not send them to school. Call their doctor.
3. If someone in your household has tested positive for Coronavirus, keep all family members home for 14 days.
4. If you are an older person, stay home away from others.
5. If you are a person with a serious underlying health condition that can put you at increased risk (heart and lung conditions, diabetes or weakened immune system), prevent illness by staying home.

New CDC Recommendations: wear a cloth face mask in public places where it's difficult to maintain 6 feet apart (e.g., grocery stores and pharmacies), especially in areas of significant community-based transmission.