

CORONA VIRUS (COVID-19)

SAFETY ADVICE AND TIPS



SYMPTOMS

*Symptoms may appear 2-14 days after exposure.



FEVER



COUGH



SHORTNESS OF BREATH

PREVENTION & TREATMENT

- ✓ Best way to prevent is to avoid exposure.
- ✓ Virus is spread airborne or through close contact.

Clean Hands Often

Wash hands with soap and water for at least 20 seconds.



Use hand sanitizer that contains at least 60% alcohol.

Avoid touching your eyes, nose, and mouth with unwashed hands.

Protect Yourself

Avoid close contact with people who might be sick.



Keep your distance from people if COVID-19 is spreading in your community.

If you are sick, stay at home. Only leave to get medical care.

Coughs & Sneezes

Cover your mouth and nose with a tissue or use the inside of your elbow.



Dispose of tissue after each use.

Immediately wash your hands or use hand sanitizer.

Wear a Facemask

Wear a facemask when around other people.



Clean & Disinfect

Clean surfaces with household cleaner or disinfecting wipes. Frequently touched surfaces, like countertops and doorknobs, should be cleaned thoroughly.



TO DISINFECT:

- ✓ Use EPA-registered household disinfectants that are appropriate for the surface.
- ✓ **ALCOHOL SOLUTIONS.**
 - Solution should have at least 70% alcohol.

✓ DILUTING HOUSEHOLD BLEACH.

- To make a bleach solution, mix:
 - 5 tablespoons (1/3rd cup) bleach per gallon of water
 - 4 teaspoons bleach per quart of water

*See manufacturer's instructions for application, proper ventilation and ensure product is not expired

WHAT TO DO IF YOU ARE SICK

- ✓ Prevent the spread. If you think you have been exposed to COVID-19, call your healthcare provider immediately.

Stay Home

People who are ill with COVID-19 should limit activities outside.



Avoid public areas like work or school.

Avoid public transportation.

Keep Your Distance

Stay in a designated room and use a separate bathroom, if possible.



Limit contact with pets & animals.

Seek help with taking care of children or animals while sick. Wear a facemask and wash hands if help is not available.

Visit a Doctor

Inform your healthcare provider that you may have COVID-19 before visiting so they can prepare and keep other patients safe from exposure.



Wear a Facemask

Wear a facemask when around other people. If you are unable to wear a mask, cover your cough and sneezes with a tissue.



Cover coughs & sneezes

Cover your mouth and nose with a tissue.

Dispose tissues after each use.

Immediately wash hands with soap and water for 20 seconds or use hand sanitizer.



Wash hands frequently

Wash hands often with soap and water for at least 20 seconds. Wash after blowing your nose, coughing, sneezing or before handling food. Soap and water are preferred, but when not available, use hand sanitizer with at least 60% alcohol. Avoid touching your eyes, nose, and mouth with unwashed hands.



Avoid sharing personal items

Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home while sick.

Wash personal items thoroughly with soap and water after each use.



Clean frequently touched surfaces everyday

Establish a routine for cleaning and disinfecting commonly used surfaces, like counters, tables, and electronics. Use a household spray or disinfecting wipe. Disinfect areas that come in contact with bodily fluids, like blood, stool, or saliva.



Use a household cleaning spray or wipe and follow manufacturing instructions (i.e. wear gloves).

Monitor your health

If your illness is worsening (i.e. difficulty breathing) seek medical help immediately. Call your doctor to inform them you may have COVID-19. Ask your doctor to notify the health department. People who may be sick should follow the instructions provided by their local or state health department.



Discontinuing home isolation

People who are infected should remain in isolation.

Consult with your doctor on when you can stop isolation. The decision should be made on a case-by-case basis, with instructions from your doctor and local health departments.



Call 911 if you have a medical emergency. Notify the dispatch personnel that you may have COVID-19. If available, put on a facemask before emergency medical services arrive.

SmartSign.com • S2-4356