

PROTECT YOURSELF FROM CORONAVIRUS AND COVID-19

Since late in 2019, the novel coronavirus has been affecting people throughout the world. The infectious disease COVID-19 was unknown before its outbreak in December of 2019.

You can keep yourself safe and help prevent the spread of this infection by following the information in this training.

CORONAVIRUS: WHAT IT IS

Coronaviruses have been around for a while. Earlier versions such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS) caused serious widespread health concerns in years past. The recently discovered novel coronavirus causes the disease COVID-19 and has recently been infecting people around the world. It spreads quickly from person to person and can be a serious health risk for the elderly and those with compromised immune systems.





WHO'S AT RISK? EVERYONE! WHO'S AT HIGHER RISK?

Older adults and people with serious chronic medical conditions such as diabetes, heart disease, lung disease, or high blood pressure are at higher risk of coronavirus infection.

HOW DOES IT SPREAD?

Experts have determined that coronavirus can be spread by both direct and indirect contact. It's passed from an infected person to others in close proximity.



RESPIRATORY DROPLETS

When a COVID-19-infected person coughs, exhales, or sneezes, tiny microbes land on objects and surfaces nearby. Other people then catch COVID-19 by touching these objects or surfaces, then touching their eyes, nose, or mouth, or by breathing them in.



SOCIAL CONTACT

Person-to-person contact in the way of shaking hands or other skin-to-skin interaction is another way of passing the infection.



CONTAMINATED SURFACES

Touching an object or surface with the infected particles on it and then touching one's mouth, nose, or eyes is a proven way of transferring the coronavirus.

MYTHS ABOUT COVID-19

1	Myth: Coronavirus and COVID-19 are the same thing.	Busted! Coronavirus is the virus. COVID-19 is the disease it causes.
2	Myth: Wearing a facemask protects you from getting the coronavirus.	Busted! Because they aren't designed to block the tiny viral particles, standard surgical masks can't protect you from coronavirus. They can, however, help prevent people already infected from further spreading the virus.
3	Myth: The coronavirus is just a harsher form of the common cold.	Busted! Not so. Coronavirus is actually a large family of viruses that includes multiple diseases. One of these can cause the common cold, but other more serious diseases and symptoms are within the coronavirus portfolio of illnesses.
4	Myth: The coronavirus can't survive in areas of extreme heat or cold.	Busted! This virus can be transmitted in hot and humid climates, as well as in areas with cold weather and snow.
5	Myth: Kids are immune from the coronavirus.	Busted! Nope. Although fewer cases in children have been reported, children can definitely contract COVID-19. Newer studies have discovered that children are just as likely as adults to become infected.
6	Myth: You'll know it when you catch coronavirus.	Busted! You won't. Early on, infected people show no signs of the illness at all. It can take up to 14 days for symptoms to surface, and these symptoms can look and feel like the flu or common cold.
7	Myth: Coronavirus can be transmitted through mosquito bites.	Busted! There's no evidence or information to suggest that coronavirus can be spread by mosquitoes. It's a respiratory virus that primarily spreads through droplets generated when an infected person coughs, sneezes, or exhales.

SYMPTOMS OF CORONAVIRUS



COMMON SYMPTOMS

Fever

Cough

Shortness of breath

These symptoms may appear 2 – 14 days after being exposed to coronavirus.



RARER SYMPTOMS

Runny nose

Nausea

Vomiting

Dizziness



EMERGENCY WARNING SIGNS

Difficulty breathing

Persistent pain or pressure in the chest

New confusion or inability to arouse

Bluish lips or face

Seek immediate medical help if you or someone you know exhibits any of these symptoms.

TIPS FOR KEEPING YOURSELF AND OTHERS SAFE

The best way to prevent becoming sick from coronavirus is to not be exposed to it. Follow these simple instructions daily and keep yourself safe from the threat.

COVER IT

Because coronavirus can transfer from person to person through tiny droplets from the nose or mouth via coughing, sneezing, and breathing, it's crucial to cover your mouth in these instances. Sneeze or cough into a tissue or your elbow, not into the open air. Then immediately wash your hands.



KEEP YOUR DISTANCE

Avoid close contact with people, especially those who are sick. You can catch COVID-19 if you breathe in droplets from an infected person, so it's important to stay at least six feet away from someone who is sick.

Find non-contact ways of greeting others besides hugs and handshakes. Even fist and elbow bumps run the risk of germ-spreading. Stick to a friendly wave and be safe.



WASH YOUR HANDS. WASH YOUR HANDS. WASH YOUR HANDS.

After you've been in a public place or used the restroom, or coughed, sneezed, or blown your nose, be sure to wash your hands thoroughly. Use soap and warm water for at least 20 seconds. Use hand sanitizer containing at least 60 percent alcohol when you don't have immediate access to soap and water.



STAY HOME

Stay home if you're sick, unless you're going for medical attention. The risk of spreading infection to others or of you catching something else due to a weakened immune system is far greater.

IF YOU'RE SICK, WEAR A FACEMASK

Wear a facemask when you're in a confined area with other people, especially a hospital or healthcare provider's office to avoid spreading infection.





CLEAN IT. CLEAN IT. CLEAN IT.

Every day, clean and disinfect surfaces you touch frequently, including work areas, tables, doorknobs, light switches, keyboards, desks, sinks and toilets, faucets, and such. Before disinfecting, clean dirty surfaces with soap or detergent and water. Coronavirus can live on surfaces for two to three days.

LIMIT TRAVEL AND PUBLIC GATHERING

If it's possible to hold meetings via phone or videoconferencing, do that instead of gathering with others. Avoid traveling and flying unless absolutely necessary. Enclosed spaces such as planes, cruise ships, buses, and trains may become hotbeds of infection. Isolating yourself from others during this time can keep you from catching the infection.



SUMMARY

Taking these precautions can keep you and your family safe from coronavirus. Getting the whole community behind measures like these to prevent the spread of infection can limit its spread and ultimately its longevity.

BE SMART. BE SAFE. START NOW.

 **MOTIVATION TECHNOLOGIES**