Coronavirus Prevention

(Last updated 7/15/20)

* * MAKE SURE TO CONTACT YOUR HEALTHCARE PROVIDER OR CAREGIVERS IF YOU START TO FEEL SICK! * *

WASH YOUR HANDS FREQUENTLY AND CORRECTLY!

1. Wet your hands with clean, running water, either warm or cold.
2. Apply soap and lather well.
3. Rub your hands vigorously for at least 20 seconds. Remember to scrub all surfaces, including the backs of your hands, wrists, between your fingers and under your fingernails.
4. Rinse well.
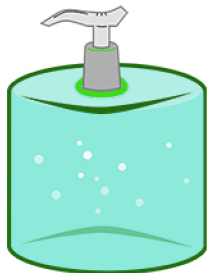5. Dry your hands with a clean towel or air-dry them.

A 2015 study found that we touch our face an average of 24 times an hour, and 44% of that touching involves contact with eyes, nose or mouth.

HAND SANITIZER

Alcohol-based hand sanitizers are an acceptable alternative when soap and water aren't available.

1. Apply the gel product to the palm of one hand.
2. Check the label to find out the appropriate amount.
3. Rub your hands together.
4. Rub the gel over all the surfaces of your hands and fingers until your hands are dry.

AVOID TOUCHING THE "T-ZONE"

Do your best not to touch your eyes, nose, and mouth with your hands. These are the places a respiratory infection like the coronavirus will likely begin.

OUTSMART YOUR HABIT

If touching your face is a hard habit for you to break, try changing something in your environment. Wear something on your hands or face that can serve as a reminder to interrupt the bad habit.

MASKS

Leave the surgical masks and N-95 masks for healthcare professionals. These help protect the wearer from getting the virus.

Everyone else should be using cloth masks or disposable masks. These are worn to help protect others in case the wearer has the virus.

SOURCES:
https://www.washingtonpost.com/lifestyle/2020/03/03/coronavirus-prevention-face-touch/
https://www.washingtonpost.com/health/2020/03/02/n95-face-mask-coronavirus/
https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/hand-washing/art-20046253