

PREPARING FOR CORONAVIRUS (COVID19)

DOS AND DON'TS

DO- Wash your hands for at least 20 seconds, several times a day. Use soap or water or a hand sanitizer with at least 60% alcohol.

- Before cooking or eating
- After using the bathroom
- After blowing your nose, coughing or sneezing

DON'T- Touch your eyes, nose, and mouth. If you *have* somehow come into contact with the virus, touching your face can help the virus enter your body.

DO- Learn the Coronavirus symptoms, which are similar to the flu:

- Fever
- Cough
- Shortness of Breath

DON'T- Wear a mask unless you are sick. Masks help protect others from catching the virus, if you have contracted it, but wearing one when you are healthy won't do much to protect you. Demand has been so high worldwide that shortages have begun. Leave the masks for people who really need them, like the sick or health care professionals.

DO- Consider taking extra precautions and staying out of public places if you are over 60 years old, or have a preexisting medical condition, as you have a higher risk of developing the disease. Note that as of now, the highest percentage of groups that appear to be most significantly impacted by the disease appear to be seniors and people with preexisting conditions like heart disease, chronic respiratory diseases and diabetes.

DON'T- Travel if you have a fever. If you get sick on a flight, tell the crew immediately. When you get home, contact a health professional

DO- Reconsider travel to affected countries, especially if you have underlying conditions. For people in a higher-risk group - - seniors and people with preexisting conditions - - the Center for Disease Control (CDC) suggests postponing nonessential travel. It also suggests that everyone should avoid cruises.

DON'T- Panic. At this point, public health officials still say the risk of becoming infected with COVID19 is low. Taking precautions - - **wash your hands!!!** - - and making preparations are the best things you can do.

DO- Get ready to hunker down. The World Health Organization (WHO) has now declared COVID19 to be a pandemic. If someone in your home gets sick, authorities may want you to be quarantined for up to 14 days. Make sure that you have enough shelf-stable food to last that long, as well as prescription medications for anyone in the family, other health supplies such as over the counter pain relievers and disinfectants to clean household surfaces and food for your pets.

DO- Practice “social distancing”: Avoid large gatherings and crowds in poorly ventilated spaces and try to stay at least six feet away from anyone who is coughing or sneezing. Do not skip the flu shot. The symptoms of COVID19 and the flu overlap enough that it can complicate diagnosis. If you’ve had a flu shot, you’re less likely to catch the flu or have a case serious enough to require treatment.

DO- Prioritize your health. Now is not the time to burn the candle at both ends, skip workouts or ignore a healthy diet. Getting proper rest and nutrition is very important to keeping your immune system in good condition.

DO-Work with your local Community Emergency Response Team, (CERT), and help check in on high -risk neighbors: older adults and people with serious chronic medical conditions. Monitor their food supplies and make sure that they have people or organizations, such as CERT, who can help them if they get sick.

DOS AND DON'TS WHEN YOU DON'T FEEL WELL

DO- Seek help if you have a fever, cough and hard time breathing. But don't just drop into the nearest urgent care clinic. Call the doctor to find out the protocol first, in order to make sure you don't spread the virus to others.

DON'T- Go out except to see your doctor, and only after calling first. And if you do have to go out, avoid public transportation, taxi cabs and ridesharing.

DO- Cough or sneeze into the crook of your elbow or use a tissue and dispose of the tissue immediately into a covered bin. (You should be doing this whether or not you suspect you have COVID19 - - you don't want to spread the common cold either).

DON'T – Hang out with your family or friends if you suspect that you have the virus. In order to protect them, eat and sleep separately from them, try to stay in one room, and use a separate bathroom if possible.

DO- Wear a mask around others if you suspect that you may have the virus,

DON'T- Reach for antibiotics if you happen to have some lying around from a previous illness, as you may be tempted. But antibiotics only work on illnesses caused by bacteria and coronavirus, you guessed it, is a virus

DO- Make sure that you, or someone at home, knows how to clean properly. Recent studies have shown that the coronavirus can live on surfaces for a few hours or up to several days. To reduce the chance of spreading COVID19, wear disposable gloves to clean surfaces regularly with soap and water, followed by a disinfectant to kill the virus. In addition to several over the counter disinfectants that can be used, you can use options such as making a solution of 5 tablespoons of bleach in one gallon of water or 4 teaspoons of bleach in a quart of water. Also, solutions containing at least 70% alcohol are effective.

DO- Realize that there is help available if you need it. Besides the many existing government agencies that are in place to help, local volunteer groups such as your local Aquinnah CERT team is ready to lend you a hand if needed.