COMBATING THE CORONAVIRUS

FACTS AND TIPS FOR STAYING HEALTHY

HOW CORONAVIRUS IS TRANSMITTED

Droplets released into the air by coughing and sneezing.
Close personal contact with someone with coronavirus (touching or shaking hands).
Touching an object or surface with the virus on it and then touching your mouth, nose or eyes.

PREVENTING THE SPREAD OF CORONAVIRUS

- Keep the workplace clean and hygienic;
- Promote regular and thorough hand-washing;
- Promote good respiratory hygiene; cover your nose and mouth when coughing and sneezing;
- Check Health Authorities’ travel advice before and after going on business;
- Ensure those who are sick stay home.

COVID-19 Helpline
+877-435-8411
What are the symptoms of COVID-19?
• Symptoms for COVID-19 include fever/chills and shortness of breath, cough or sore throat.

How does COVID-19 spread?
• COVID-19 is thought to spread mainly from person to person through coughing or sneezing.
It may also be spread when people touch something with the virus on it then touch their mouth or nose. Symptoms usually appear 7-14 days after exposure.

Who is at higher risk for COVID-19 complications?
• Pregnant women, and children or adults with underlying conditions such as asthma, diabetes, suppressed immune systems, heart disease, and kidney disease, are more likely to have complications.

How severe is illness associated with COVID-19?
• Illness has ranged from mild to severe. Most people have recovered without needing medical treatment. However, hospitalizations and deaths have occurred.

How do I protect myself?
*Practice good hygiene!*
• Avoid close contact with people who are sick.
• Avoid touching your eyes, nose and mouth.
• Stay home when you are sick.
• Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
• Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
• Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
  - If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty

Stigma hurts everyone by creating more fear or anger toward ordinary people instead of the disease that is causing the problem. We can fight stigma and avoid hurting others by providing social support. We can communicate the facts that being Chinese or Asian-American does not increase the chance of getting or spreading COVID-19.
COVID-19 (novel coronavirus 2019) is a respiratory illness that primarily spreads through the air and through personal contact with surfaces and infected people. COVID-19 is an enveloped virus, meaning it is easily compromised by proper cleaning and sanitizing. It is unknown how long COVID-19 can survive on surfaces, but it is recommended to clean and sanitize high contact surfaces at home, school, and the workplace.

Remove visible soil and dirt from surfaces using soap and water.

Apply an EPA registered disinfectant to kill pathogens, including COVID-19. Common cleaners include:

- Clorox Disinfecting Wipes
- Lysol Brand Bleach Multi-Purpose Cleaner
- Purell Multi Surface Disinfectant

For effective sanitizing, wait the proper contact time as indicated on the product label.

For more information on COVID-19, go to www.cdc.gov/COVID19 or www.washoecounty.us/COVID19

For a full list of COVID-19 fighting products, go to: https://www.americanchemistry.com/Novel-Coronavirus-Fighting-Products-List.pdf

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PROPER HAND SANITATION

0. Wet hands with water;

1. Apply enough soap to cover all hand surfaces;

2. Rub hands palm to palm;

3. Right palm over left dorsum with interlaced fingers and vice versa;

4. Palm to palm with fingers interlaced;

5. Backs of fingers to opposing palms with fingers interlocked;

6. Rotational rubbing of left thumb clasped in right palm and vice versa;

7. Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;

8. Rinse hands with water;

9. Dry hands thoroughly with a single use towel;

10. Use towel to turn off faucet;

11. Your hands are now safe.

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