

Basic Protective Measures Against the COVID-19 Disease

Everyone should follow their city's shelter-in-place order by staying home. People should stay home unless you have to go out for essentials like food or medicine.. If you are 65 years or over or have any serious health problems, you definitely should stay home and call your doctor's office for questions or concerns.



If you have fever, cough and difficulty breathing, seek medical care early

Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention immediately and call your medical provider's office and follow their directions.

Why? National and local authorities will have the most up to date information on the situation in your area. Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also protect you and help prevent the spread of viruses and other infections.



Wash your hands frequently

It is essential to regularly and thoroughly clean your hands and nails with soap and water for 20 seconds or use a 60% alcohol-based hand rub if the soap is unavailable, and let hands dry. It is crucial that if hands are visibly soiled, then hands be washed using soap and water.

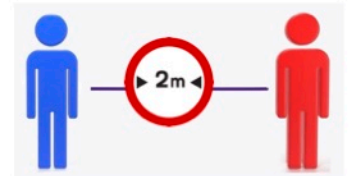
Why? Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands. Also wash your Kara, rings and watch. See video of proper handwashing technique here (<http://bit.ly/whohand>).



Maintain social distancing

In public, maintain at least 2 meters (6 feet) distance between you and others. Avoid being around anyone who is coughing or sneezing. If you are sick, stay home.

Why? When someone coughs or sneezes they spray small liquid droplets from their nose or mouth which may contain the virus. If you are too close, you can breathe in the droplets.



Avoid touching eyes, nose and mouth

Why? Hands touch many surfaces and can pick up viruses. Hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick. Wash your hands with soap and water and avoid touching your face. Clean and disinfect frequently touched surfaces



Practice respiratory hygiene

Cover your mouth and nose with your bent elbow or tissue (and not your hands) when you cough or sneeze. Then dispose of the used tissue immediately. Wear a mask if you are sick.

Why? Droplets spread the virus. By following good respiratory hygiene you protect the people around you from viruses such as cold, flu and COVID-19.



Reference and information see WHO <https://bit.ly/punjabiprevention> CDC: www.CDC.gov
Flyer questions: VirsaCollaborative@gmail.com