

CORONAVIRUS DISEASE 2019 (COVID-19)

PREPARATION TIPS

WHAT IS THE CORONAVIRUS DISEASE 2019 (COVID-19)?

The Coronavirus Disease 2019 (COVID-19) is a respiratory illness in people caused by a new strain of the coronavirus discovered in 2019. Common signs of infection include respiratory symptoms, fever, cough, shortness of breath and breathing difficulties. In more severe cases, infection can cause pneumonia, severe acute respiratory syndrome, kidney failure and even death.



HOW DOES THE CORONAVIRUS SPREAD?

1. The virus is thought to spread mainly from person-to-person, between people who are in close contact with one another (within about 6 feet).
2. When someone coughs or sneezes they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease.
3. Your hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.

WHO IS AT RISK FOR THE CORONAVIRUS DISEASE?

Some individuals are at a HIGHER RISK for the coronavirus disease and should take the necessary precautions to protect themselves.



Individuals who are 60+ years old

AND



Individuals with underlying health conditions like:
cardiovascular disease, respiratory conditions, diabetes

WHAT CAN YOU DO TO PROTECT YOURSELF AND LOVED ONES SAFE?

1. Clean your hands often

Wash your hands often with soap and water. If you don't have water and soap, use a hand sanitizer that contains at least 60% alcohol



2. Avoid close contact

The best way to prevent illness is to avoid being exposed to this virus. Therefore, the recommendation is to stay at home as often as possible, unless there is an essential need to leave your home. Put distance between yourself and other people (at least 3 feet or 1 meter), especially those who have a higher risk of getting sick.



3. Cover your mouth and nose with a tissue or use the inside of your elbow when you cough or sneeze.

Immediately wash your hands with soap and water.



4. Clean and disinfect high touch surfaces like doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks daily.

You can use soap and water to clean surfaces. For disinfecting, you can use disinfectants, or a solution of diluted bleach and water, or alcohol solution with at least 70% alcohol.



For more information and/or resources, please contact **SOMALI FAMILY SERVICE** at **619-265-5821**