Know How it Spreads

- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- **The best way to prevent illness is to avoid being exposed to this virus.**
- 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).
    - Through respiratory droplets produced when an infected person coughs or sneezes.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

Take steps to protect yourself

Clean your hands often

- **Wash your hands** often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.

Avoid close contact

- **Avoid close contact** with people who are sick
- Put **distance between yourself and other people** if COVID-19 is spreading in your community. This is especially important for people who are at higher risk of getting very sick.

Take steps to protect others

Stay home if you're sick

- **Stay home** if you are sick, except to get medical care. Learn what to do if you are sick.

Cover coughs and sneezes

- **Cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow.
- **Throw used tissues** in the trash.
- Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

Wear a facemask if you are sick

- **If you are sick:** You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then you should do your best to cover your coughs and sneezes, and people who are caring for you should wear a facemask if they enter your room. Learn what to do if you are sick.

- **If you are NOT sick:** You do not need to wear a facemask unless you are caring for someone who is sick (and they are not able to wear a facemask). Facemasks may be in short supply and they should be saved for caregivers.

Clean and disinfect

- **Clean AND disinfect** frequently touched surfaces **daily.** This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- **If surfaces are dirty, clean them:** Use detergent or soap and water prior to disinfection.

Watch for symptoms

Reported illnesses have ranged from mild symptoms to severe illness and death for confirmed coronavirus disease 2019 (COVID-19) cases.

These symptoms may appear **2-14 days after exposure** (based on the incubation period of MERS-CoV viruses).

- Fever
- Cough
- Shortness of breath
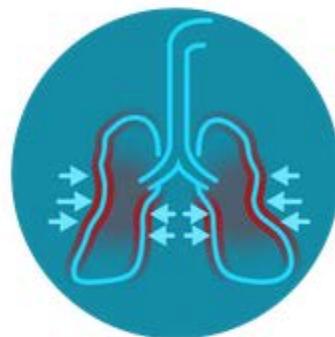
When to Seek Medical Attention

If you develop **emergency warning signs** for COVID-19 get **medical attention immediately**. Emergency warning signs include*:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

Managing Anxiety during Coronavirus

1. **Limit your exposure to news and social media**
   Schedule times to view updates and make them brief. Long and repeated exposure to anxiety and stress inducing information will trigger anxiety and perpetuate the cycle of anxiety.
2. **Focus on controlling what you can control**
   Anxiety generally comes from a perception of not being in control. Many of the effects of the Coronavirus are out of out control, so to feel a sense of control, we can focus on controlling the things in our environment and our behavior, such as washing our hands and social distancing.
3. **Get plenty of rest**
   Multiple studies have found that getting enough restful sleep boosts the immune system, reduces anxiety, and helps with mood.
4. **Breathe**
   Deep breathing has a positive effect on the anxiety response in you body. "One minute of deep breathing helps slow down the sympathetic nervous system — the fight or flight response associated with anxiety. Breathing also helps turn on the parasympathetic nervous system, which helps us restore balance and can provide a sense of calm and focus" Justin Ross, PsyD.
5. **Enjoy the outdoors and get exercise**
   Studies have found that regular exercise reduces anxiety symptoms immediately and over time. It is also something you can control.

Kerwin McCrimmon, K. (2020, March 9). Coronavirus anxiety: Why the outbreak feeds worries and five simple ways to reduce coronavirus anxiety. *UCHealth*. Retrieved from https://www.uchealth.org/today/coronavirus-anxiety-tips-for-reducing-worries/

APA style citations for CDC pictures.

I obtained these pictures from the CDC, Center for Disease Control and Prevention, website.

National Center for Immunization and Respiratory Diseases (NCIRD), Division of Viral Diseases, (2020, March 20), How to Protect Yourself. *Center for Disease Control and Prevention.* Retrieved from https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html

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