

American
HOME HEALTH

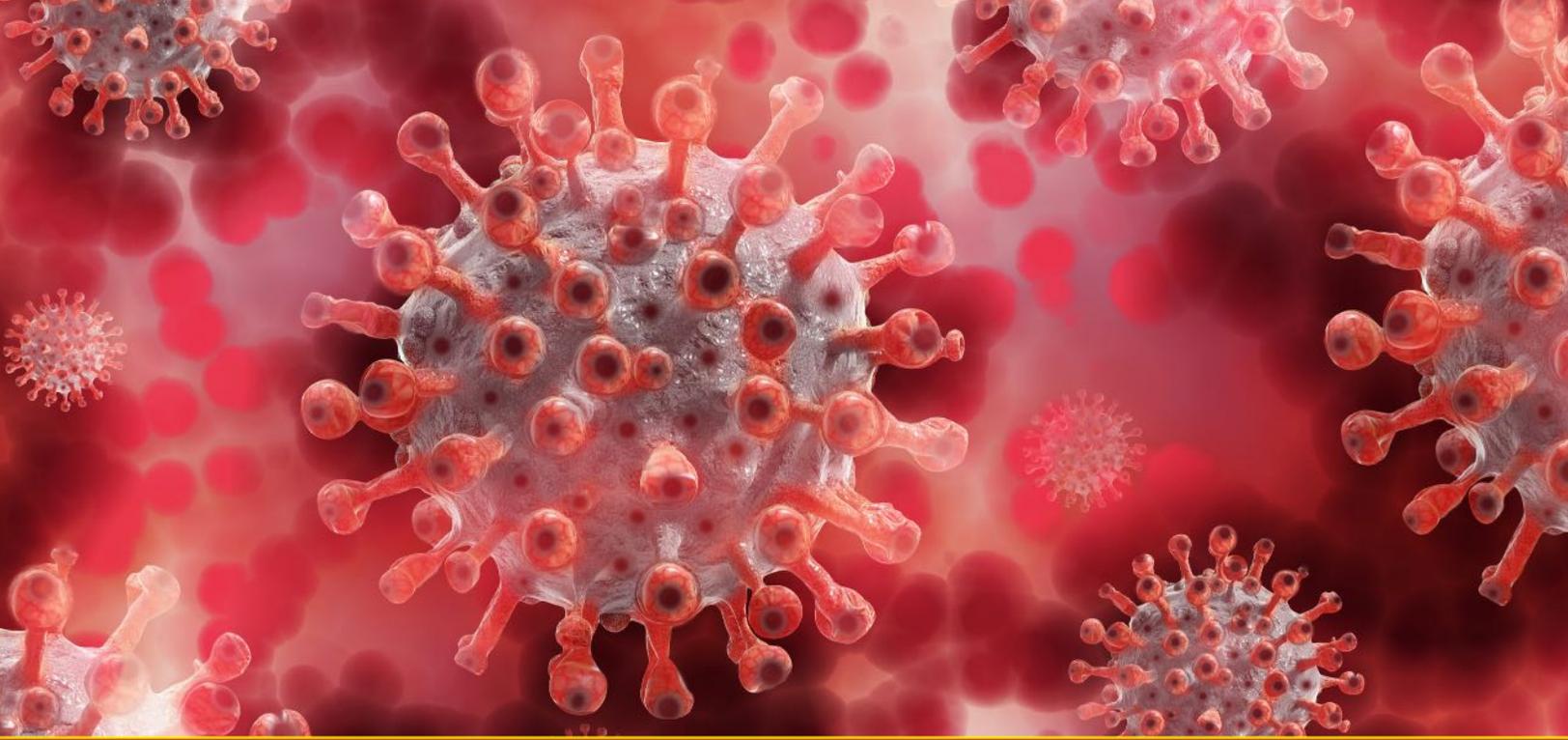
Newsletter

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COVID-19

HOW TO PROTECT YOURSELF & OTHERS



COVID-19

HOW TO PROTECT YOURSELF & OTHERS

Older adults and people who have severe underlying medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing serious complications from COVID-19 illness. More information on [Are you at higher risk for serious illness](#).

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, sneezes or talks.
 - » These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
 - » Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.

Everyone Should

Wash 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.
- It's especially important to wash:
 - » Before eating or preparing food
 - » Before touching your face
 - » After using the restroom
 - » After leaving a public place
 - » After blowing your nose, coughing, or sneezing
 - » After handling your mask
 - » After changing a diaper
 - » After caring for someone sick
 - » After touching animals or pets
- 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

- **Inside your home:** Avoid close contact with people who are sick.
 - » If possible, maintain 6 feet between the person who is sick and other household members.
- **Outside your home:** Put 6 feet of distance between yourself and people who don't live in your household.
 - » Remember that some people without symptoms may be able to spread virus.
 - » [Stay at least 6 feet \(about 2 arms' length\) from other people](#).
 - » Keeping distance from others is especially important for [people who are at higher risk of getting very sick](#).

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HOW TO PROTECT YOURSELF & OTHERS

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Cover your mouth and nose with a mask when around others

- You could spread COVID-19 to others even if you do not feel sick.
- The mask is meant to protect other people in case you are infected.
- Everyone should wear a [mask](#) in public settings and when around people who don't live in your household, especially when other [social distancing](#) measures are difficult to maintain.

» Masks should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.

- Do NOT use a mask meant for a healthcare worker. Currently, surgical masks and N95 respirators are critical supplies that should be reserved for healthcare workers and other first responders.
- Continue to keep about 6 feet between yourself and others. The mask is not a substitute for social distancing.

Cover coughs and sneezes

- **Always cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow and do not spit.
- **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.

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.
- **Then, use a household disinfectant.** Most common [EPA-registered household disinfectants](#) will work.

Monitor Your Health Daily

- **Be alert for symptoms.** Watch for fever, cough, shortness of breath, or [other symptoms](#) of COVID-19.
 - » Especially important if you are [running essential errands](#), going into the office or workplace, and in settings where it may be difficult to keep a [physical distance of 6 feet](#).
- **Take your temperature** if symptoms develop.
 - » Don't take your temperature within 30 minutes of exercising or after taking medications that could lower your temperature, like acetaminophen.
- Follow [CDC guidance](#) if symptoms develop.

More information

- [Symptoms](#)
- [What to do if you are sick](#)
- [If someone in your house gets sick](#)
- [Frequently asked questions](#)
- [Travelers](#)
- [Individuals, schools, events, businesses and more](#)
- [Healthcare Professionals](#)
- [10 Things You Can Do to Manage COVID-19 at Home](#)
- [10 Things You Can Do to Manage COVID-19 at Home \(ASL Version\)](#)
- [Social Distancing \(ASL Video\)](#)
- [ASL Video Series: What You Need to Know About Handwashing](#)



Source: Centers for Disease Control and Prevention

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

COVID-19

SAFETY



1. EETDAKPINCSE
3. HAHSSADWN
4. FROCETVAOLCEHC
5. GHYIANENEDH
6. VCRGOCOUESH
7. AAFMESCK
8. NCTEFSDII
9. XIFEETS
10. ARNFLSEUCCAES
11. ZNEVCEOESR
12. AIRZNSETI
13. MEHHINTLOROTA

