

COVID-19 Fact Sheet



Resources: Centers for Disease Control and Prevention (CDC) and World Health Organization (WHO) as of May 2020

What is COVID-19?

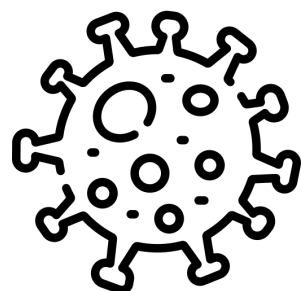
It is a viral respiratory illness caused by a coronavirus that has not been found in people before. Because it is new, people are still learning more about it everyday. Here's what we know as of May 2020:

How does it spread?

- It is spread from person-to-person.
 - People who are in close contact (within 6 feet).
 - Through respiratory droplets produced when an infected person coughs, sneezes or talks.
 - The droplets can land in the mouths or noses of people who are nearby or possibly inhaled into the lungs.

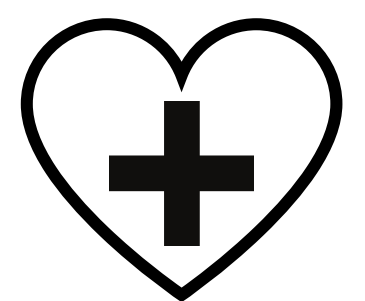
According to the CDC, symptoms can develop 2-14 days after exposure the most common include:

- Cough
- Shortness of breath or difficulty breathing
- Fever
- Chills
- Muscle pain
- Sore throat
- New loss of taste or smell



People who need to take extra precautions:

- People who are immunocompromised
 - Cancer treatment
 - Smoking
 - Immune deficiencies
- Older adults
 - 65 years older
 - Nursing homes or long-term care facility
- People with
 - Asthma and Chronic Lung Disease
 - HIV/AIDS
 - Liver Disease
 - Serious heart conditions
 - Severe obesity
 - Diabetes
 - Chronic Kidney Disease undergoing dialysis



What steps can be taken to protect these individuals?

- Stay home and away from others outside of your household.
- Avoid travel and people frequently visiting.
- Check with a health professional about your individual risk and action plan if needed.

How to Protect Yourself and Others

1 Wash your hands often: Wash with soap and water for at least twenty seconds especially when you have been in public. You can use hand sanitizer if water is not available. Avoid touching your eyes, nose and mouth.

2 Avoid close contact: For people outside of your home, distance yourself at least six feet apart. Do not gather in groups, crowded places or mass gatherings. Avoid contact with people who are sick in your own home.

3 Cover your mouth and nose with a cloth face cover: Everyone should wear a face cover when they go in public. It is meant to protect other people in case you can pass it on to others. Wearing a mask does not substitute for social distancing.

4 Cover coughs and sneezes: Use a tissue or the inside of your elbow and make sure to wash your hands after.

5 Clean and disinfect surfaces: If you don't have access to cleaning supplies, soap and water will also kill the virus. Focus on high touch surfaces such as door handles, tables and so on.

6 Cultural considerations: Do not share from shared dishes. Gather in groups less than 10 with protective measures (hand washing/face covers). Instead of teaching in smaller classrooms, find larger spaces or outside to allow distancing.

How to make quick gel hand sanitizer:

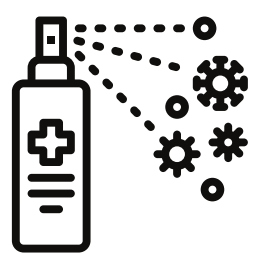


- Ingredients:**
- Isopropyl Alcohol
 - Aloe Vera Gel
 - A bottle, pump or item to hold the finished product
 - A mixing bowl and tools

Extra Step: Tea Tree Oil (or other scent/essential oil)

- Steps:**
- Mix 3 parts isopropyl alcohol to 1 part aloe vera gel in a CLEAN bowl with CLEAN mixing tools.
 - Extra step: Add a few drops of tea tree or essential oil to give a pleasant scent.
 - Once in a storage bottle, it is recommended by World Health Organization to let the mixture for 72 hours for the sanitizer to eliminate bacteria that might have been introduced.

How to make a stronger disinfectant spray for hands:



- Ingredients:**
- Isopropyl Alcohol
 - Glycerol or Glycerin
 - Hydrogen Peroxide
 - Distilled water or boiled then cooled, water
 - Spray Bottle
 - A mixing bowl and tools.

- Steps:**
- Mix 12 fluid ounces with 2 teaspoons of glycerol.
 - Mix 1 tablespoon of hydrogen peroxide, then 3 fluid ounces of distilled water.
 - Put the mixture in a spray bottle.
 - Once it is in a spray bottle, it's recommended by World Health Organization to let the mixture for 72 hours for the sanitizer to eliminate bacteria that might have been introduced.