

THE CORONAVIRUS: What you can do

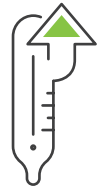
REMEMBER TO KEEP: AWARE OF SYMPTOMS • CLEAN HANDS • HEALTHY DISTANCES

KEEP AWARE

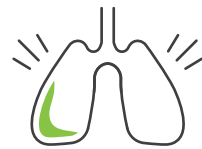
The new coronavirus disease 2019 (COVID-19) is a mild to severe respiratory illness with symptoms, such as:



Coughing or sneezing



Fever



Difficulty breathing

The main way COVID-19 spreads is from close person-to-person contact. This happens from:



Within a 6-ft. distance



Respiratory droplets



Contaminated surfaces

If you are experiencing symptoms and feel ill, be sure to see your primary care doctor.

¹ Centers for Disease Control and Prevention, Coronavirus Disease 2019 (COVID-19). March 2, 2020, accessed March 4, 2020. <<https://www.cdc.gov/coronavirus/2019-ncov/about/index.html>>.

KEEP CLEAN HANDS

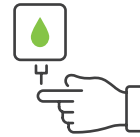
Wash your hands often. The best way to do so is:

1.



Wet with clean running water and apply soap

2.



Lather on backs of hands, between fingers and under nails

3.



Rub hands for 20 sec (length of "Happy Birthday" 2x)

4.

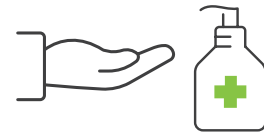


Rinse hands well under clean, running water

5.



Dry hands using a clean towel, or by air drying them



USE HAND SANITIZER WHEN THERE IS NO SOAP AND WATER

Remember that sanitizers do not get rid of all types of germs, especially with things like dirt or grease particles.

KEEP HEALTHY DISTANCES



Avoid touching your eyes, nose and mouth



Cover your mouth and nose when you cough or sneeze



Place used tissues in a waste basket



If you don't have a tissue, cough or sneeze into your upper sleeve, not your hand



Clean and disinfect using cleaning sprays or wipes



Wear a facemask if you are showing symptoms or caring for someone who is sick



Avoid shaking hands and close personal contact with others



Stay home when you are sick

What to do if you are sick with coronavirus disease 2019 (COVID-19)

If you are sick with COVID-19 or suspect you are infected with the virus that causes COVID-19, follow the steps below to help prevent the disease from spreading to people in your home and community.

Stay home except to get medical care

You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis.

Separate yourself from other people and animals in your home

People: As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.

Animals: Do not handle pets or other animals while sick. See [COVID-19 and Animals](#) for more information.

Call ahead before visiting your doctor

If you have a medical appointment, call the healthcare provider and tell them that you have or may have COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.

Wear a facemask

You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets 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 people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room.

Cover your coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can; immediately wash your hands with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60-95% alcohol covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.

Avoid sharing personal household items

You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.

Clean your hands often

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

Clean all "high-touch" surfaces every day

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

Monitor your symptoms

Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). **Before** seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19. Put on a facemask before you enter the facility. These steps will help the healthcare provider's office to keep other people in the office or waiting room from getting infected or exposed.

Ask your healthcare provider to call the local or state health department. Persons who are placed under active monitoring or facilitated self-monitoring should follow instructions provided by their local health department or occupational health professionals, as appropriate.

If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19. If possible, put on a facemask before emergency medical services arrive.

Discontinuing home isolation

Patients with confirmed COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low. The decision to discontinue home isolation precautions should be made on a case-by-case basis, in consultation with healthcare providers and state and local health departments.

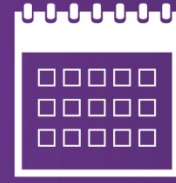


For more information: www.cdc.gov/COVID19



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MAINTAINING MENTAL WELL-BEING DURING A QUARANTINE

In response to the coronavirus disease 2019 (COVID-19) pandemic, the Centers for Disease Control and Prevention and the World Health Organization have recommended that individuals who may have been exposed to the disease self-quarantine at home for 14 days. In addition, public health officials are recommending that healthy individuals practice social distancing, staying at home to help prevent the spread of COVID-19.

Following the advice of public health officials can help stop the spread of COVID-19, but if you don't take proper precautions, your mental well-being could suffer while you're quarantining.

If you're self-quarantining or practicing social distancing, keep the following tips in mind to maintain your mental well-being.

Maintain a Routine

One of the best things that you can do to preserve your mental well-being is to stick to a routine. For example, if you're used to going to the gym before work, try to wake up early and get an at-home workout in before you go to work or start your workday from home. Maintaining as much normalcy as possible with your daily routine can help keep your mood as lifted as possible, and prevent boredom and distress from taking over.

If you have children that will be at home now, it's also important to create a routine for them. Whether they

are practicing virtual learning with their schools or if they will just be home, you should implement a structured schedule for them so they know what your expectations are. Try to limit as much screen time as possible and incorporate learning activities throughout the day.

Get a Good Night's Sleep

This suggestion goes hand-in-hand with sticking to a routine. While you're at home, it can be easy to go to bed or sleep in later than you typically would. Breaking your normal sleep routine can have negative effects on your overall mental well-being, so you should try to stick to your typical schedule as much as possible.

Spend Time Outside

Unless health officials give you explicit instructions to stay in your home no matter what, try to get outside periodically throughout the day. This could involve going out in your backyard or taking a walk around the block, but shouldn't include going to a park or other areas where large groups of people may be.

Being outside also helps to promote higher vitamin D levels, a vitamin the body makes when skin is directly exposed to the sun. Many people are deficient in vitamin D, so exercising outside can be a great way to correct that.



Leverage the Power of Technology

When in quarantine or self-isolation, it can be easy to feel lonely. Fortunately, advancements in technology have made it easy to connect with others without having to physically be in contact with them. The Substance Abuse and Mental Health Services Administration (SAMHSA) recommends reaching out to loved ones with technology to reduce feelings of loneliness and anxiety, and to supplement your social life while you're quarantining or social distancing. If you're feeling down, use video calling technology or social media to get in touch with friends and family.

Don't Obsess Over the News

It can be easy to become overwhelmed by watching the news and reviewing the updates of the COVID-19 situation. While it's important to be informed of the situation, you should not obsess over the news. For example, instead of monitoring the news all day from home, consider checking for updates once in the morning and once at night.

Practice Positivity and Gratitude

Taking five minutes a day to write down the things that you are grateful for has been proven to lower stress levels and can help you change your mindset from negative to positive. While you're quarantining or social distancing, it's important to build time into your routine to practice positivity or express gratitude to change your mindset on your situation and boost your mood.

Summary

Your mental well-being plays a huge role in your overall health and well-being, and it should be prioritized. These six suggestions may help you maintain your mental well-being during a quarantine, but shouldn't be considered as medical advice.

If you have concerns about your mental well-being while you're in quarantine, please contact your mental health professional or use SAMHSA's National Helpline by calling 800-662-HELP (4357).