



# SCSC *Safety* Gram

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## Corona Virus (COVID-19)

### The Current Epidemic

This is a new threat that health officials are learning more about daily. There has been so much information put out that one can be easily confused on what sensible, effective precautions we can take and how to prepare ourselves in the event we contract the virus.



#### Prevention is the key:

The US Surgeon General and the CDC have concluded that donning a mask does little to protect the wearer from contracting the illness and stocking up on them exposes the health care community to a potential shortage. It does help stop the spread of the illness when an infected person wears a mask so having ONE on hand is not a bad idea if you think that you are at risk. More importantly, there are a few simple habits that will have a significant impact on the spread of COVID-19, the flu, and all other illnesses:

- ◆ Wash your hands whenever the opportunity presents itself, certainly after using the bathroom and prior to eating. When exiting the bathroom, make sure to use a paper towel, tissue, sleeve or other material to open the door to prevent grabbing what the person who did not wash left on the door handle!
- ◆ Do not touch your face with your hands. The COVID-19 virus can be spread by touching your eyes with contaminate hands.
- ◆ When you cough, cover your mouth and NOT with your hands. Use the crook of your arm (the inside of your elbow.) Coughing into your hands is a guaranteed way to spread any germs you may have unless you immediately wash them after coughing into them.
- ◆ When entering PINs on keypads at the grocery store, ATM, etc., use your knuckle instead of the point of your finger.

#### Preparation, just in case:

COVID-19 is the newest threat and has captured the spotlight but the preparations for this event can help you deal with many others as well. In the event you or your family must be quarantined at home, have the following on hand (this list is not comprehensive, but it is a good start. Watch the website for more comprehensive checklists!)

- ◆ A two-week supply of food. Specifically, dry and canned goods that are nonperishable.
- ◆ At least one gallon of water per day for each person and pets.
- ◆ Hygienic products such as soap, hand sanitizer and toilet paper.
- ◆ First aid supplies to treat common injuries including bandages, antibiotic ointment, etc.
- ◆ A thirty-day supply of prescription medications and over-the-counter (OTC) health supplies like pain killers, allergy relief, cold relief, etc.



It is important to be prepared before the event happens. First, you will not be one of the many making the panic run on the stores to get what you need, often finding they are out of these important supplies. Secondly, you won't be part of the reason that the stores cannot provide for our neighbors who did not prepare so well! If you can, consider having some extra on hand so you can bless a neighbor in need...



Informational Only. Consult a health care professional if you have symptoms or are in need of care.