

DO'S & DON'TS DURING COVID-19

It is our choices that show who we really are, far more than our abilities.
-J.K. Rowling

DO'S

Stay clean and sanitized.

The CDC recommends everyone wash their hands often, for at least 20 seconds, with soap and water to kill germs. The CDC also recommends using alcohol-based hand sanitizer.

Maintain social distancing.

The CDC guidelines recommend people remain six to 10 feet away from each other, at all times.

Cover your cough.

Cover your nose and mouth while sneezing and coughing with a tissue to avoid spreading germs.

Seek medical advice in case of fever, cough and difficulty breathing.

These are common symptoms of coronavirus. Although symptoms may appear 2-14 days after exposure, it's recommended to consult your primary care physician to take necessary precautions.

Connect with loved ones.

Reach out (from a safe distance) to loved ones for emotional support. Call or text to check in. Talk. Smile. Laugh. Share your worries and fears, as well as what's going well. Be courteous. This goes a long way in times of stress. It may sound counter-intuitive, but isolation and focusing on *only* yourself is not equivalent to self-care.

Note headline fatigue.

Know when enough is enough, and when to pull away from the media. Limit exposure to media to reduce being overwhelmed. Limit how much time you spend taking in the surge of headlines.

DON'TS

Self-medicate.

You should not take any medicine that is not prescribed by a medical professional, even if you have COVID-19 symptoms. If you believe you have COVID-19, alert health care professionals to receive the correct treatment.

Forget our community.

Remember, COVID-19 affects us all. This is an opportunity to support our neighbors and strengthen our community.

Use disinfectant substances on your body.

Spraying alcohol, chlorine or any other substance on your body doesn't kill viruses already in your body. The World Health Organization states spraying these can be harmful to clothes or mucous membranes (i.e. eyes, mouth). Alcohol and chlorine can be used to disinfect surfaces, under appropriate recommendations.

Panic.

Panic leads to people making poor decisions. It is important to stay updated with reliable information. Misinformation fuels panic and has adverse effects on our efforts to contain the pandemic.

Touch eyes, nose and mouth with bare hands.

Our hands touch many surfaces, where the virus might be. Avoiding touching our eyes, nose and mouth helps restrict the virus from spreading.

Have close contact with others.

Minimize contact. Social distancing is self-isolation to prevent the spread of diseases. Self-quarantining, whether you have symptoms or not, and avoiding non-essential in-person interaction is key to containing and stopping this disease.