



## PREVENTION & COVID-19

There is currently no vaccine or medicine to prevent or treat Coronavirus (COVID-19). While there are some trials underway, the best way to prevent illness and the spread of the virus is to avoid being exposed to the virus. First, it is important to understand how the virus spreads. It is spread mainly from person-to-person contact, meaning close contact with an infected person (about 6 feet) and through respiratory droplets produced when an infected person coughs or sneezes. These droplets can land in the mouths or noses of people who are nearby or possibly inhaled into the lungs. The virus can also land and live on surfaces, which can be passed on by if you touch your face after touching the infected surface. Below are guidelines recommended by the CDC on the best ways to prevent the virus.

### **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
- If soap and water are not readily available, use hand sanitizer that contains at least 60% of alcohol
- Avoid touching your eyes, nose, and mouth with unwashed hands

### **Avoid Close Contact**

- Avoid close contact with people who are sick
- Put distance between yourself and other people if COVID-19 is spreading in your community (at least 6 feet)

### **Stay Home if You're Sick**

- Stay home if you are sick, except to get medical care and please call your healthcare provider first before going to the office

### **Cover Coughs and Sneezes**

- Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow and throw the used tissue in the trash
- Immediately wash your hands with soap and water for 20 seconds after

### **Clean and Disinfect**

- Clean and disinfected frequently touch surfaces daily, like tables, doorknobs, light switches, faucets, toilets, phones, and keyboards



## DIY Hand Sanitizer

Can't find any hand sanitizer at the store? Here is a simple DIY hand sanitizer with only 2 ingredients.

### Ingredients:

- Isopropyl alcohol
- Aloe Vera gel

### Instructions:

- For 99-91% Isopropyl, use 2 parts Isopropyl to 1-part Aloe Vera
- For 70% Isopropyl, use 8.5 parts to 1.5 parts Aloe Vera