

Coronavirus Prevention: In the Hospital and At Home

Beginning in late 2019, countries around the world have been tracking the rapid spread of a new coronavirus called COVID-19, or novel coronavirus. COVID-19 causes respiratory symptoms including fever, cough, and shortness of breath. In severe cases, it can require hospitalization and may cause serious complications like severe acute respiratory syndrome and pneumonia.

Coronavirus is spread in the community. This means that it can be spread from person to person through contact with infected droplets. A sneeze or cough can send tiny droplets up to 3–6 feet away, meaning it's possible to catch the virus from a droplet you can't see with the naked eye.

Coronavirus is also thought to live on hard surfaces for up to a few hours, or up to a few days, depending on the surface.

These precautions not only work against coronavirus, but will help reduce the risk of any infection.

Wear a Mask

- Wear a fabric mask when you leave the house that covers your nose and mouth.



Wash Your Hands Often

- Use soap and water
- Wash for at least 20 seconds. Sing the ABC's while you do it!
- Make sure you scrub between your fingers
- Always wash your hands after:
 - Using the bathroom
 - Being in a public place
 - Before you eat
- If you don't have access to soap, use an alcohol-based hand sanitizer that is at least 60% alcohol based.

Stay 6 feet apart from others

- Stay at least 6 feet apart from others that don't live with you

Avoid Touching Your Face

- Don't pick your nose
- Don't touch your mouth
- Don't rub your eyes



These are all places where germs can enter your body!

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Other Tips

- Avoid contact with people who are sick.
- Clean and disinfect frequently touched objects and surfaces using household cleaning sprays or wipes.
- Sneeze into your elbow
- Cough into a tissue and then throw the tissue away and wash your hands
- Please, stay home and isolate when you are sick!

People who may be infected with coronavirus should get tested and self-quarantine, meaning not going into public or expose non-infected people to the virus.

Once infected with the COVID-19 virus, symptoms may appear in 2–14 days. If you have severe symptoms, the CDC recommends getting emergency care and calling ahead to tell them you have symptoms.

Sources

1. CDC: <https://www.cdc.gov/coronavirus/2019-ncov/about/prevention-treatment.html>
2. CDC Video: <https://www.facebook.com/CDC/videos/829750400877436/>
3. National Institutes of Health: <https://www.nih.gov/health-information/coronavirus>
4. World Health Organization: <https://www.who.int/health-topics/coronavirus>
5. World Health Organization: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>.