

HELP PREVENT THE SPREAD OF NOVEL CORONAVIRUS (COVID-19)

COVID-19 is a respiratory illness caused by a new coronavirus. **Symptoms include coughing, fever and shortness of breath.**

To help prevent the spread of the virus and protect yourself, follow these recommendations:



Wash your hands or use hand sanitizer often.



Avoid sharing personal household items.



Stay home and keep your distance from others in the home if you are sick.



Avoid close contact with people who are sick.



Avoid touching eyes, mouth and nose with unwashed hands.



Cover your cough or sneeze with a tissue, then throw it in the trash and wash your hands.



Eat healthy foods and drink plenty of fluids.



Clean and disinfect household surfaces often.

For questions talk to your health care provider or call 2-1-1

For latest updates, visit:
www.coronavirus-sd.com



What You Need To Know About Coronavirus

Novel coronavirus, or COVID-19, is a new global disease.

This virus presents symptoms that resemble the flu:

- Fever
- Cough (Usually Dry)
- Shortness Of Breath

At this time, there is no vaccine. Prevention is important.

- Wash Your Hands Frequently
- Use Hand Sanitizer If Soap And Water Is Not Available
- Don't Share Unwashed Utensils
- Avoid Shaking Hands

If you are experiencing symptoms, please immediately contact your health care provider, tell an outreach worker or call 2-1-1 for information on how to find a health care provider.

HOW TO USE HAND SANITIZER



APPLY THE PRODUCT ON THE PALM OF ONE HAND



RUB HANDS TOGETHER



COVER ALL SURFACES UNTIL HANDS FEEL DRY (20 SEC)

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For more information on the 2019 Novel Coronavirus, visit www.coronavirus-sd.com. If you have health-related questions or concerns, contact your healthcare provider. For general questions about COVID-19 or information about community resources, call 2-1-1.



CORONAVIRUS COVID-19 DISINFECTION GUIDANCE

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during the investigation of an outbreak in Wuhan, China. Symptoms include fever, cough, and difficulty breathing/shortness of breath. COVID-19 is spread between people who are in close contact with one another (within about 6 feet / 2 meters), through respiratory droplets produced when an infected person coughs or sneezes, or touching objects that have been contaminated with the virus and then touching your eyes, nose, and mouth with unwashed hands.

Effective Disinfectants

For non-porous surfaces, diluted household bleach solutions and alcohol solutions with at least 70% alcohol are known to be effective. Use the Environmental Protection Agency's (EPA) registered product database below. **Be sure to follow the manufacturer's instructions for proper disinfection and safe handling.** Use disinfectants in well-ventilated areas.

For approved disinfectants effective against coronavirus, please visit: <https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>

If using household chlorine bleach:

1. Pre-wash nonporous surfaces (doorknobs, counters, sinks, toilets, etc.).
2. Create bleach solution by mixing 1/3 cup bleach into 1-gallon of water.
3. Wipe the surface with the bleach solution. Allow proper contact time as directed on product label.
4. Rinse with water and let air dry.



Surfaces to Sanitize Often

- Counters
- Doorknobs
- Lights Switch Plates
- Toilet Room Surfaces
- Phones
- Computer Keyboard and Mouse
- Tables and Chairs
- Railings
- Remote Controls
- Cash Registers
- Wheelchairs and Walkers
- Recreation Equipment
- Highchairs
- Kitchen Surfaces
- Condiment Bottles

Preventing the Spread of Illness

- ✓ Wash hands often and as needed, including:
 - ✓ After blowing one's nose, coughing or sneezing
 - ✓ After using the bathroom
 - ✓ Before eating or preparing food
 - ✓ After contact with animals or pets
- ✓ If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.
- ✓ Avoid touching eyes, nose, or mouth with unwashed hands.
- ✓ Clean and disinfect frequently touched surfaces.
- ✓ If you are sick, stay home and keep your distance from others to protect them from getting sick too.
- ✓ Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- ✓ Practice other good health habits. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids and eat nutritious food.



Handwashing Procedures

Practice proper handwashing by washing hands and arms with soap and warm water for at least 20 seconds; thoroughly rinse with clean running water and properly dry hands and arms. Ensure handwashing signs are posted in the appropriate locations.

Additional Resources

- County of San Diego COVID-19 Updates: <https://www.coronavirus-sd.com>
- Additional disinfection guidance from the CDC can be found here: <https://www.cdc.gov/coronavirus/2019-ncov/community/home/cleaning-disinfection.html>