

# **COVID 19 (Coronavirus) INFORMATION**

Current understanding about how the virus that causes coronavirus disease 2019 (COVID-19) spreads is largely based on what is known about similar coronaviruses. COVID-19 is a new disease and there is more to learn about how it spreads, the severity of illness it causes, and to what extent it may spread in the United States.

## **Person-to-person spread:**

The virus is thought to spread mainly from person-to-person.

- Between people who are in close contact with one another (within about 6 feet).
- 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 be inhaled into the lungs.

## **Spread from contact with infected surfaces or objects:**

It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads.

## **Can someone spread the virus without being sick?**

- People are thought to be most contagious when they are most symptomatic (the sickest).
- Some spread might be possible before people show symptoms; there have been reports of this occurring with this new coronavirus, but this is not thought to be the main way the virus spreads.

## **How easily does the virus spread?**

How easily a virus spreads from person-to-person can vary. Some viruses are highly contagious (spread easily), like measles, while other viruses do not spread as easily. Another factor is whether the spread is sustained.

The virus that causes COVID-19 seems to be spreading easily and sustainably in the community (“community spread”) in some affected geographic areas. Community spread means people have been infected with the virus in an area, including some who are not sure how or where they became infected.

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19). The best way to prevent illness is to avoid being exposed to this virus. However, as a reminder, CDC always recommends everyday preventive actions to help prevent the spread of respiratory diseases, including:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Follow CDC’s recommendations for using a facemask.
  - CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.
  - Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. The use of facemasks is also crucial for health workers and people who are taking care of someone in close settings.

- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
  - If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

**These are everyday habits that can help prevent the spread of several viruses.**

Handwashing can help prevent illness. It involves **five simple and effective steps (Wet, Lather, Scrub, Rinse, Dry)** you can take to reduce the spread of diarrheal and respiratory illness so you can stay healthy. Regular handwashing, particularly before and after certain activities, is one of the best ways to remove germs, avoid getting sick, and prevent the spread of germs to others. It's quick, it's simple, and it can keep us all from getting sick. Handwashing is a win for everyone, except the germs.

## **WHEN AND HOW TO WASH YOUR HANDS**

**Handwashing is one of the best ways to protect yourself and your family from getting sick.**

### **Wash Your Hands Often to Stay Healthy!**

***You can help yourself and your loved ones stay healthy by washing your hands often, especially during these key times when you are likely to get and spread germs:***

- **Before, during, and after** preparing food
- **Before** eating food
- **Before** and **after** caring for someone at home who is sick with vomiting or diarrhea
- **Before** and **after** treating a cut or wound
- **After** using the toilet
- **After** changing diapers or cleaning up a child who has used the toilet
- **After** blowing your nose, coughing, or sneezing
- **After** touching an animal, animal feed, or animal waste
- **After** handling pet food or pet treats
- **After** touching garbage



*Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs. Clean hands can stop germs from spreading from one person to another and throughout an entire community—from your home and workplace to childcare facilities and hospitals.*

### **Follow these five steps every time:**

- 1. Wet** your hands with clean, running water (warm or cold), *turn off the tap, and apply soap.*
- 2. Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
- 3. Scrub** your hands for at least **20 seconds**. Need a timer? **Hum the “Happy Birthday” song from beginning to end twice.**
- 4. Rinse** your hands well under clean, running water.
- 5. Dry** your hands using a clean towel or air dry them.

# Use Hand Sanitizer When You Can't Use Soap and Water



Washing hands with soap and water is the best way to get rid of germs. If soap and water are not readily available, you can use an alcohol-based hand sanitizer that contains at least **60% alcohol**.

**Sanitizers can quickly reduce the number of germs on hands in many situations. However,**

- Sanitizers do **not** get rid of all types of germs.
- Hand sanitizers may not be as effective when hands are visibly dirty or greasy.
- Hand sanitizers might not remove harmful chemicals from hands like pesticides and heavy metals.

***Caution! Swallowing alcohol-based hand sanitizers can cause alcohol poisoning. Keep it out of reach of young children and supervise their use.***

## HOW TO USE HAND SANITIZER\*

- Apply the gel product to the palm of one hand (read the label to learn the correct amount).
- **Rub the gel over all the surfaces of your hands and fingers until your hands are dry using same technique as washing. This should take 20 seconds. (Hum the “Happy Birthday” song from beginning to end twice).**

***\*SEE WORLD HEALTH ORGANIZATION RECIPE FOR HAND MADE SANITIZER BELOW***

# New Handwashing Campaign: *Life is Better with Clean Hands*

To celebrate [Global Handwashing Day](#) on October 15, CDC has launched the *Life is Better with Clean Hands* campaign. This campaign encourages adults to make handwashing part of their everyday life and encourages parents to wash their hands to set a good example for their kids.

**CLEAN HANDS KEEP YOU HEALTHY.**

Wash your hands with soap and water for at least **20 SECONDS.**

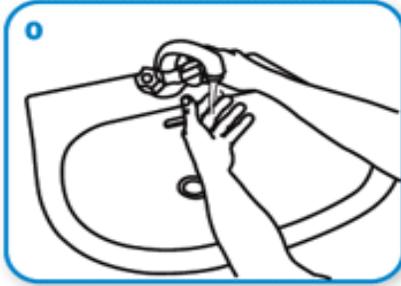
LIFE IS BETTER WITH **CLEAN HANDS**

[www.cdc.gov/handwashing](http://www.cdc.gov/handwashing)

This material was developed by CDC. The Life is Better with Clean Hands Campaign is made possible by a partnership between the CDC Foundation, GOJO, and Staples. HHS/CDC does not endorse commercial products, services, or companies.

# PROPER HANDWASHING

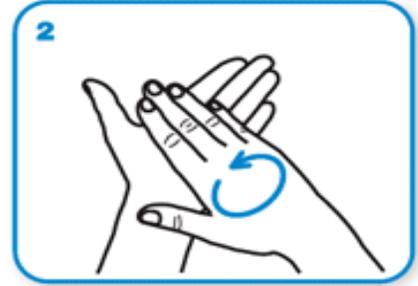
*(HUM 'HAPPY BIRTHDAY' TWICE)*



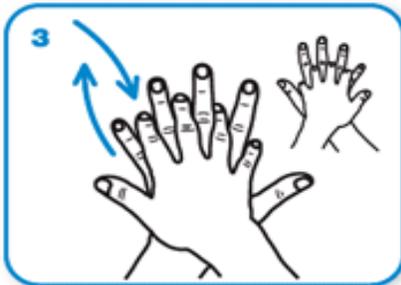
Wet hands with water



apply enough soap to cover all hand surfaces.



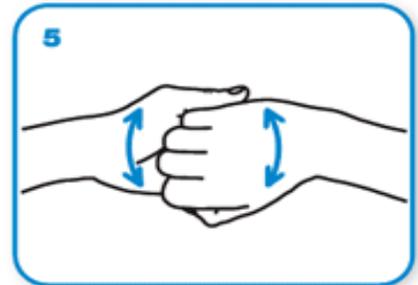
Rub hands palm to palm



right palm over left dorsum with interlaced fingers and vice versa



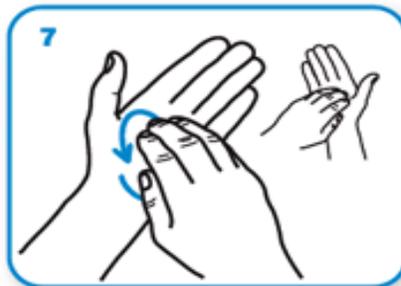
palm to palm with fingers interlaced



backs of fingers to opposing palms with fingers interlocked



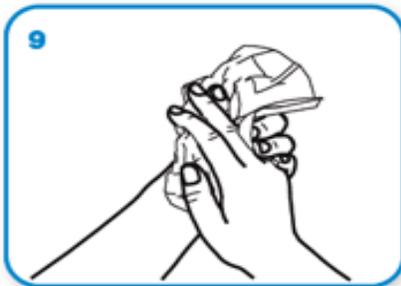
rotational rubbing of left thumb clasped in right palm and vice versa



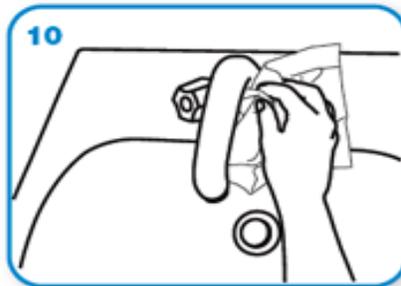
rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.



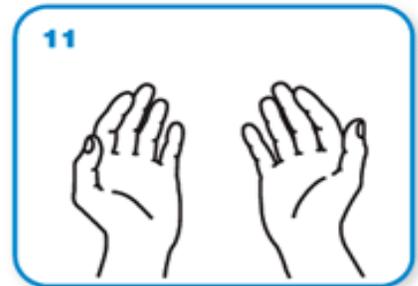
Rinse hands with water



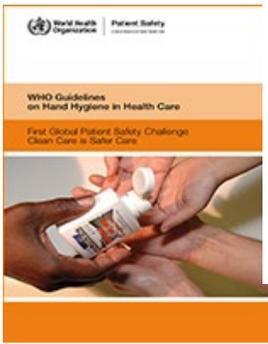
dry thoroughly with a single use towel



use towel to turn off faucet



...and your hands are safe.



# WHO HAND SANITIZER RECIPE

1. 1 CUP 99% ALCOHOL (*ISOPROPAL ALCOHOL*)



2. 1 TABLESPOON 3% HYDROGEN PEROXIDE



3. 1 TEASPOON 98% GLYCERINE



4. ¼ CUP *PLUS* 1 TABLESPOON *PLUS* 1 TEASPOON BOILED (*STERILE*) WATER



ADD HYDROGEN PEROXIDE TO ALCOHOL; ADD GLYCERINE TO MIXTURE; ADD BOILED/STERILE WATER TO MIXTURE; STIR (*OR SHAKE IN SANITIZED COVERED BOTTLE*) UNTIL MIXED.....**LABEL BOTTLE!**

*(Optional – a few drops of essential oil for fragrance)*