

Tips on Staying Safe During COVID-19



What's the best way to prevent getting or spreading COVID-19 when I leave my home?:

- **Wash or sanitize your hands** before putting on your face covering and after removing it
- **Wear a mask/face covering** over your nose and mouth
- **Wear a face covering in public settings** and when around people who don't live in your household. If you live in a high rise / multi-unit housing, wear a mask in all places apart from your home. This includes hallways and elevators.
- **Don't touch the face covering**, and if you do, clean your hands

Who is at higher risk for COVID-19?

- Older patients
- Patients who smoke or vape
- People of any age with the following: Diabetes, obesity, COPD, chronic kidney disease, cancer, weak immune systems or organ transplants, heart failure or disease

What should I do to help protect myself if I am at higher risk?

- **Limit contact** with other people as much as possible
- **Avoid contact** with people who are sick
- **Wash your hands** often – especially if you go into public
- **Wear a mask** in public, and avoid areas where it is difficult to maintain 6 feet of distance

How do I stay safe while shopping, at the nail or hair salon, or barbershop?

- **Always wear a mask**, and make sure that people at the location are also wearing one
- **Space apart** at nail or hair stations
- **Limit time that you are close to others.** Possibly sit outside to let your nails dry, or consider blow drying your hair at home

How do I stay safe playing sports?

- Reduce physical closeness between players when possible
- Avoid unnecessary contact, like high fives, fist bumps, or handshakes
- Encourage players to bring their own equipment, if possible. Clean and disinfect shared items between use
- Stick to a small group of people to play with

What is 6 feet of distance?

- Distance between every-other seat on the bus
- About 2 arms lengths
- Two grocery cart lengths
- Length of one jump rope

REFERENCES:

Vardavas CI, Nikitara K. COVID-19 and smoking: A systematic review of the evidence. *Tob Induc Dis.* 2020;18:20. Published 2020 Mar 20. doi:10.18332/tid/119324

What is COVID-19 and how do we stay safe?



Learn the best ways to prevent getting or spreading COVID-19



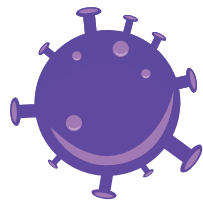
What is COVID-19?

In COVID-19, 'CO' stands for corona, 'VI' for virus, and 'D' for disease.

COVID-19 is caused by a novel coronavirus. This means the virus is in the coronavirus family, but it had not been previously identified in humans until 2019 in Wuhan, China.

There are many types of coronaviruses, including some that cause mild respiratory illnesses. COVID-19 is from a newly identified type of coronavirus that can cause severe respiratory illness.

The virus that causes COVID-19 is thought to spread mainly by respiratory droplets produced when a person talks, sneezes, or coughs. These droplets can be inhaled into the lungs of other people, which causes COVID-19 to spread.



Symptomatic vs. Asymptomatic

Symptomatic (symptoms):

Symptoms include cough, shortness of breath or difficulty breathing, fever, chills, muscle or body aches, vomiting or diarrhea, and new loss of taste or smell

Asymptomatic and Pre-Symptomatic:

People who are infected with COVID-19 and are not displaying symptoms

Studies have found that up to 80% of people infected with COVID-19 did not show symptoms at the time they were tested

Even if you are not displaying symptoms of COVID-19, you may be infected and can spread the virus



Studies have found that **up to 80%** of people infected with COVID-19 did not show symptoms at the time they were tested



Smoking and Vaping

An important step to immediately improve your health and possibly avoid the serious symptoms of COVID-19 is to consider quitting smoking and/or vaping. Inhaling substances like tobacco smoke and vape emissions damages the lungs. This makes it harder for the lungs to combat an invading virus like COVID-19. **Studies show that people who smoke are more than twice as likely to die from COVID-19.**

This might be the best time to quit smoking. To make a plan to quit smoking or vaping, call 1-800 QUIT-NOW