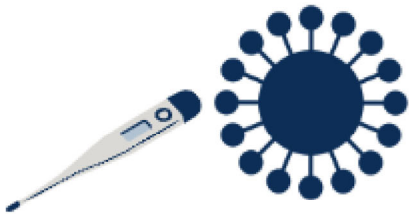


COVID 19 PREVENTION



IS THERE A COVID-19 VACCINE OR CURE?

- There is currently no vaccine or drug treatment available for COVID-19
- COVID-19 is primarily transmitted from human to human via respiratory droplets that travel through the air when coughing/sneezing/speaking

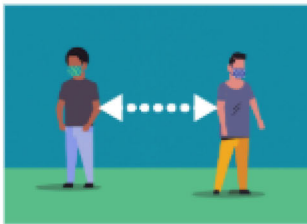
HOW CAN I REDUCE MY CHANCES OF CATCHING COVID 19?

- The most effective way to prevent spread at this point in time is social distancing, but it can only work if everyone plays their part
- **Social distancing** – the act of staying physically apart from other humans (not referencing social media or virtual engagement)



WHY IS SOCIAL DISTANCING IMPORTANT?

HOW DOES IT PROTECT ME?



- A person can be infected and transfer it without expressing symptoms
- Respiratory droplets are small (micrometers) but they are not exempt from the effects of gravity
- The droplets will reach the ground by the time they reach 6 feet away from you
- Any public object has the potential to be rained on by an infected individual's droplets and the virus can survive on surfaces for hours to days

HOW DO I PRACTICE SOCIAL DISTANCING?

- Avoid physical contact with any public objects including humans to avoid transfer of virus
- Avoid touching face/eyes/nose/mouth as the virus can get inside your body and begin infection
- Frequently disinfect surfaces that are touched by people using diluted bleach cleaning solutions or 70%+ alcohol-based cleaners
- Wash hands frequently with soap and water for at least 20 seconds
- Wear a cloth covering mask when around others to keep your respiratory droplets to yourself

