

# In the community Prevent the Spread

# COVID-19 Information and Guidance

COVID-19, also known as coronavirus disease 2019, is a new virus that causes fever, cough, and shortness of breath. **While 80-85% of individuals infected with COVID-19 appear to have mild illness, the virus can cause severe illness including pneumonia in high risk populations like older adults and people who have chronic medical conditions.**

The virus that causes COVID-19 is able to be passed person-to-person through respiratory droplets when an ill individual coughs or sneezes. The virus can also survive for a limited time on commonly touched surfaces. **At this point, there is no vaccine to prevent COVID-19 but you can take steps to help prevent spread of COVID-19 in your community.**

## The symptoms of COVID-19 include:



Fever

Cough



Shortness  
of Breath



### Stay home when you are ill.

Isolating yourself while you are ill can help prevent the spread of COVID-19 and more common illnesses, like influenza.



### Practice social distancing to prevent the likelihood you will come in contact with someone who is ill.



### Wash your hands.

Use soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.

### Regularly clean and disinfect commonly touched surfaces.

Regularly clean and disinfect commonly touched surfaces like counters, tabletops, doorknobs, bathroom fixtures, phones, toilets, etc. with a diluted bleach solution or use a cleaner with a label that claims it can kill human coronaviruses. Make sure to follow the instructions on the label.

*To create a bleach solution, use 1 tablespoon bleach to 4 cups of water. Make fresh daily.*



**Continued on back**

**If you traveled to an area with ongoing COVID-19 transmission or have been in contact with an individual with COVID-19, and develop a fever, shortness of breath and a cough, please contact your medical provider for instructions.**

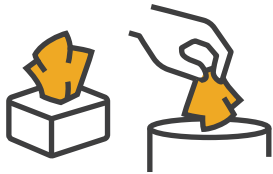
# In the community Prevent the Spread

# COVID-19 Guidance

Continued from front



**Avoid touching your eyes, nose and mouth with unwashed hands.**



**Cover your cough or sneeze with a tissue then throw the tissue in the trash.**

Use your elbow or arm if tissues are not available.



**Do not wear face masks unless you are ill or caring for someone who is ill.**

The health department does not recommend the general public use masks to prevent the spread of illnesses unless caring for a person that is ill or cleaning up after a person who is ill. Remove your mask and gloves carefully and immediately wash your hands.



**Follow travel related recommendations and restrictions.**

You can get updated travel restrictions at [www.cdc.gov/travel/notices](http://www.cdc.gov/travel/notices).

**The following websites offer reliable information for COVID-19:**

**Centers for Disease Control**

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

**Georgia Department of Public Health**

<https://dph.georgia.gov/novelcoronavirus>

**Gwinnett, Newton and Rockdale County Health Departments**

<https://gnrhealth.com/covid-19-info>



**For more information visit**  
[www.gnrhealth.com/covid-19-info](http://www.gnrhealth.com/covid-19-info)

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How to prevent the spread of:

# CORONAVIRUS DISEASE 2019 (COVID-19)

## INFECTION PREVENTION STEPS

- ✓ **Wash your hands often** with soap + water.
- ✓ **Avoid touching** your **eyes, nose + mouth** with unwashed hands.
- ✓ **Cover** your **cough or sneeze** with a tissue, then **throw the tissue** in the trash.
- ✓ **Avoid close contact** with people **who are sick**.
- ✓ **Get a flu shot!**
- ✓ **Clean + disinfect frequently touched objects and surfaces** such as counters, door knobs, desks, keyboards, tablets and phones.

Keeping hands clean is one of the most important things we can do to stop the spread of respiratory illnesses like flu and COVID-19.



1

USE SOAP



2

PALM TO PALM



3

BACK OF HANDS



4

FINGERS INTERLACED



5

BASE OF THUMBS



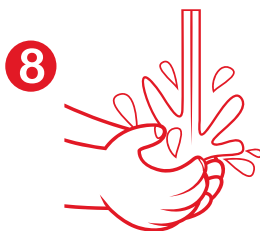
6

FINGERNAILS



7

WRISTS



8

RINSE HANDS



9

DRY HANDS

### PROPER HANDWASHING TIPS

- Wash hands thoroughly with soap + warm water.
- Wash for 20-30 seconds or sing "Happy Birthday" two times through.
- Soap and warm water are the best way to clean your hands, but if they aren't available, use an alcohol-based hand sanitizer, that contains at least 60% alcohol.

### HOW TO USE HAND SANITIZERS

- Apply the sanitizer to the **palm of one hand** (follow label directions on how much to use).
- Rub hands together.
- Rub the sanitizer over **all the surfaces of your hands + fingers** until your hands are dry.

For more information: [dph.georgia.gov/novelcoronavirus](https://dph.georgia.gov/novelcoronavirus)  
[cdc.gov/coronavirus/2019-ncov/index.html](https://cdc.gov/coronavirus/2019-ncov/index.html)