

# ABOUT COVID-19 (CORONAVIRUS)

## HOW IT SPREADS

- The virus is thought to spread mainly from person-to-person
  - Between people who are in close contact with one another (within ~6ft.)
  - 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.



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## IF YOU ARE SICK...

- **STAY HOME.** People who are mildly ill with COVID-19 are able to recover at home. **DO NOT LEAVE**, except to get medical care. Do not visit public areas.
- **STAY IN TOUCH WITH YOUR DOCTOR.** Call before you get medical care. Be sure to get care if you feel worse or you think it is an emergency.
- **AVOID PUBLIC TRANSPORTATION.** Avoid using public transportation, buses, or taxis.



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## IF YOU ARE SICK...

- **AVOID SHARING HOUSEHOLD ITEMS.** Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home.
- **STAY AWAY FROM OTHERS.** As much as possible, you should stay in a specific 'sick room' and away from other people in your home. Use a separate bathroom if possible.
- **CLEAN AND DISINFECT.** Routinely clean high-touch surfaces in your 'sick room' and bathroom.



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## IF YOU ARE AT HIGH RISK...

- Stock up on supplies (Have someone else shop for you if possible).
- Limit visitors at your home.
- Keep space between you and others (6ft).
- If you have to go out in public, stay away from others who are sick, limit close contact, and wash your hands.
- Avoid crowds.
- Stay home as much as possible to reduce your risk of exposure.



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## FAMILY & CAREGIVER SUPPORT

- **Know what medications your loved ones are taking** and see if you can help them have extras on hand.
- **Monitor food and other medical supplies** (oxygen, incontinence, dialysis, wound care) needed and create a back-up plan.
- **Stock up on non-perishable food** to have on hand in your home to minimize trips to stores.



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## COPING WITH STRESS

- **TAKE A BREAK.** Take breaks from watching, reading, or listening to news stories, including social media.
- **TAKE CARE OF YOUR BODY.** Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol or drugs.
- **MAKE TIME TO UNWIND.** Do some activities you enjoy!
- **CALL A FRIEND.** Talk with people you trust about your concerns and how you are feeling.



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## CLEAN YOUR CELL PHONE

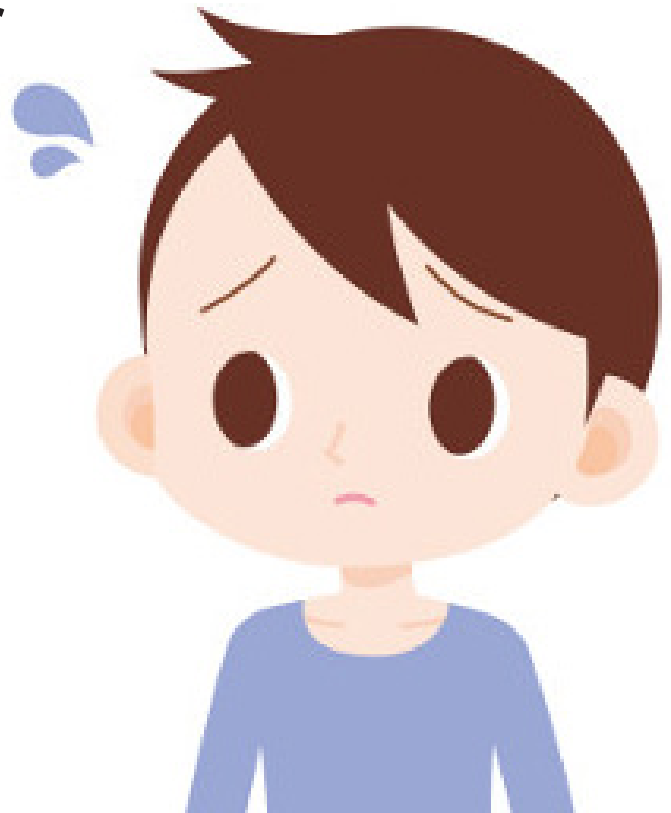
1. Turn off your phone and remove the case.
2. Use pre-moistened sanitizing wipes OR wet a microfiber cloth or tissue with one of the following:
  - 50/50 rubbing alcohol and water
  - 50/50 white vinegar and water
  - Disinfecting gel
3. Wipe down both the front and back of the phone, and clean the case too!
4. Use a Q-tip to clean smaller areas



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## TALKING TO YOUR KIDS

- Answer questions and share facts about COVID-19 in a way that your child or teen can understand.
- **Reassure them that they are safe.** Let them know it is ok if they feel upset. Share with them how you deal with your own stress so that they can learn how to cope from you.
- **Try to keep up with regular routines.** If schools are closed, create a schedule for learning activities and relaxing or fun activities.
- **Be a role model.** Take breaks, get plenty of sleep, exercise, and eat well. Connect with your friends and family members.





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## WHEN TO WASH YOUR HANDS

- After blowing your nose, coughing, or sneezing
- After using the restroom
- Before eating or preparing food
- After contact with animals or pets
- Before and after providing routine care for another person who needs assistance (e.g. a child)



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## **CLEAN & DISINFECT**

Clean and disinfect frequently touched surfaces daily. This includes tables, doorknobs, lightswitches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.



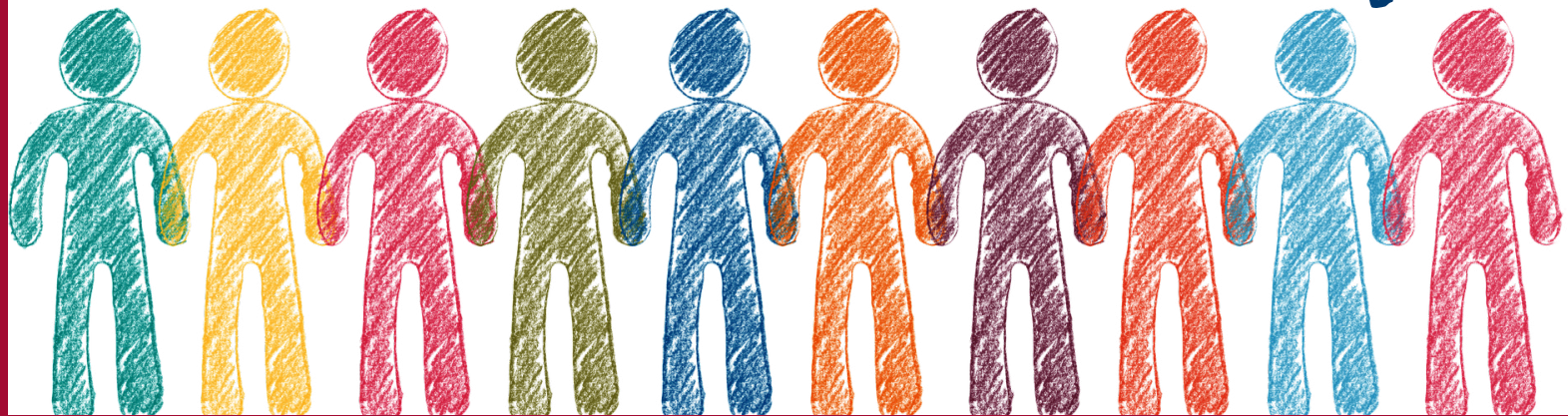
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## DID YOU KNOW?

According to the Centers for Disease Control and Prevention (CDC), of the 508 cases in the US known to be hospitalized

**20% WERE BETWEEN THE AGES OF 20-44.**

*Stay Home.  
Protect Our Community.*



**ABOUT COVID-19 (CORONAVIRUS)**

# **COVID-19 HOTLINE**

**907-451-6682 • DIAL 9**



Tanana  
Chiefs  
Conference