

# The best form of protection is **PREVENTION**

Some diseases are said to be caused by harmful bacteria or viruses, commonly called germs. Infections caused by germs can be mild, such as the common cold, but others can be severe or even life-threatening, such as influenza, food poisoning and strep throat and COVID.

Germs can be spread from person to person, such as by a cough, sneeze or handshake. Germs can also be transmitted by touching something an infected person has touched, such as a countertop or a pet. Another way germs are spread is by consuming infected food or drink. Coming in contact with insects or other animals that carry infection can also transmit germs.

Contagion is possible during the period before the person shows symptoms and realizes he is sick. Safety precautions must be in place at all times to reduce the risk of spreading disease.

## **IN THIS ARTICLE, YOU WILL LEARN . . .**

- HOW TO properly wear a mask in public places and when not at home.
- HOW TO practice proper social distancing when in public.
- HOW TO properly wash your hands regularly.
- HOW TO properly clean, sanitize, and disinfect your home regularly especially in high traffic areas and high touch surfaces such as doorknobs / door handles, light switches, faucet knobs/handles, etc.
- **AND MANY OTHER THINGS !!!**

## **Adopt a Healthy Lifestyle**

- Maintain a wholesome healthy, diet full of fruits and vegetables (such as navy beans, garlic, onions, etc.) that are rich in vitamins, minerals, antioxidants, and phytonutrients such as vitamin C, vitamin D, zinc, quercetin, and other immune boosting nutrients.
- Spend time in the sun regularly to enable the body to produce vitamin D.

- Take vitamin C, vitamin D, the B vitamins, and zinc supplements.

**TAKE THEM 1 HOUR BEFORE OR AFTER YOU TAKE ANY TYPE OF MEDICINE !!!**

- Stay hydrated by drinking plenty of water daily.
- Fast to help improve overall health.
- Exercise regularly. A 30-minute walk a day will go a long way.
- Get adequate sleep.
- Find ways to minimize stress.
- Stop smoking.

## **General Health**

Your body naturally fights germs and environmental toxins. To further safeguard and protect your body from illness, the following precautions help:

### **Wash your hands.**

Hand washing is one of the most effective ways of preventing the spread of germs. Wash your hands regularly, particularly after the following activities:

- a. Blowing your nose, coughing or sneezing
- b. Using the bathroom
- c. Before, during and after food preparation
- d. Before and after eating
- e. Before and after caring for an ill person
- f. Before and after treating a cut or wound
- g. After handling garbage
- h. After touching an animal, its feed or waste

When washing your hands, use soap and hot water. Scrub your hands thoroughly for at least twenty seconds, then rinse and dry them using a clean towel or air-dry them. Use a towel to turn off the faucet.

### **Use hand sanitizers.**

Hand sanitizers can be used but are not a substitute for hand washing. They are used in addition to hand washing or in a situation where soap and water are not available. Use a hand sanitizer with at least 60% alcohol content.

### **Limit sharing of personal items.**

To avoid spreading germs, don't share utensils, drinking glasses, cups or other dishes. Also don't share towels, bedding, combs, brushes, razors or other personal items.

### **Avoid hand-to-face contact.**

Your skin acts as a barrier to germs, but your eyes, nose and mouth are more vulnerable. Wash your hands thoroughly before touching your face, eating or drinking.

### **Cover coughs and sneezes.**

If you cough or sneeze, do so into a tissue or your elbow to prevent potential germs traveling through the air.

### **Avoid ill individuals.**

Avoid contact with ill individuals and insist they isolate themselves from others until they have recovered and are symptom free.

Avoid contact with pets and other animals while sick.

If an ill individual pets his cat or dog, for instance, he may leave germs on the pet's fur that can be transmitted to others who pet the animal later.

## **Cleaning and Sanitizing**

Proper hygiene is an important part of preventing the spread of contagious diseases. An area used by a large number of people requires frequent cleaning and sanitizing.

Dirt can be seen and wiped away. But while cleaning a space makes it free from dirt or other impurities, cleaning alone will not remove all germs that may be residing on a surface.

Sanitizing removes what can't be seen—disease-causing microscopic organisms, such as bacteria and viruses. So once a surface has been cleaned, it is important to sanitize any commonly touched surfaces for proper hygiene.

## **Products to Use for Sanitizing**

Spray bottle *(purchase from any neighborhood dollar store)*

To sanitize a surface, use a standard disinfectant, such as hydrogen peroxide. Another effective disinfectant is grain alcohol or rubbing alcohol. Use alcohol-based products with at least **70% alcohol**. Do not use products with an alcohol content above 90%, these will evaporate before killing viruses.

You can also use a bleach-and-water solution of 1/12 cup (4 teaspoons) of bleach per 1 quart of cool water. When preparing a bleach solution, always check the bottle's expiration date to ensure the bleach has not expired.

**Note: Never mix bleach with any other cleaning solution or liquid except water.**

Always read and follow the manufacturer's instructions for how to apply the disinfecting product, including the length of time it should be left on a surface.

## **Areas to Sanitize**

Clean and sanitize frequently touched common surfaces and high-traffic areas in your home and workplace several times a day, depending on frequency of use:

Children's areas

Doorknobs

Stair rails

Countertops

Phones

Desktops

Tables

Chair arms

Any frequently touched surfaces

Sanitize your bathroom(s):

Doorknobs

Sink areas

Showers

Toilets

In your vehicle - sanitize the surfaces:

Steering wheel

Door handles

Any other frequently touched surfaces

Handling Illness or Its Symptoms

If you become sick or have symptoms that may indicate you are sick, avoid contact with others and seek proper medical care as necessary.

## Isolation

Isolation means separating yourself so that no germs are passed on to others.

When you are ill or suspect you are ill with a communicable disease, limit contact with others. Do not go to work or out in public if you can avoid it.

At home, you can take measures to help minimize risk to others if you live in shared quarters:

Sleep in a separate room.

Use a different bathroom

Avoid common areas of the home.

Avoid pets.

Clean your laundry separately

Use disposable dishes and utensils.

Outbreaks

Caution

In case of an infectious disease outbreak in your area, there are additional precautionary actions you should take at home and at work.

## Contact with People

During an infectious disease outbreak, avoid physical contact with other people,

Hugging

Fist bumps

Handshakes

Kissing

High-fives

## Social Distancing

Because germs can spread through coughs and sneezes, during an outbreak of a disease, it is recommended that you maintain a minimum of six feet (two meters) between yourself and other people.

While communicating with others, eating or engaging in other social situations, maintaining some distance will help keep you and others illness free.

## Face Masks

Face masks can help limit the spread of germs when an ill person talks, coughs or sneezes. By wearing these masks, ill persons can help prevent spreading disease to others. Because you could be contagious without even knowing it or showing any symptoms, always wear a face mask when around the elderly or persons with health problems to reduce the spread of germs. Also wear a face mask if you are likely to come in contact with infected persons.



A mask can serve another purpose—it can help prevent you from touching your mouth or nose.

For example, if you touch a surface that was contaminated by an ill person who touched it before you, germs will get onto your hands. If you then touch your nose or mouth with your hand, these germs will enter your body and infect you. This is one of the main ways germs can spread.

So a mask can help prevent infection as you are less likely to touch your own mouth and nose when wearing one.

Masks should be changed, minimally, once a day or as soon as they get moist or soiled.

### How to Put on a Face Mask

Before putting on a face mask, wash your hands with soap and water.

Inspect the mask to make sure it has no obvious tears or holes that would render it ineffective.

Determine which side of the mask is the front. The colored side of the mask is the side that faces away from you.

Determine which side of the mask is the top. If the mask has a stiff, bendable edge, this is meant to mold to the shape of your nose and is the top.

If your mask has elastic bands that fit over your head, hold the mask on your face while stretching the bands over your head to secure it in place.

Pull the bottom of the mask over your mouth and chin.

Dispose of the face mask after each use. Never reuse it.

Wash your hands thoroughly.

## **Disposable Gloves**

While you can keep your own home clean and sanitized, going out to stores or public spaces increases the risk of contagion.

Commonly touched surfaces such as store counters and gas pumps can be contaminated if an ill person touched them before you.

Wearing disposable gloves can help prevent the transmission of germs. There is a correct way to put on disposable gloves so that they are effective.

### **How to Put on Disposable Gloves**

Before putting on disposable gloves, wash your hands with soap and water.

Pick up a glove by pinching the inside and outside of the cuff. Be careful to touch as little of the outside of the glove as possible. Carefully slide your other hand into the glove.

Do not adjust the glove's position on your hand until the other glove is on.

Pick up the second glove by pinching the inside and outside of the cuff and put the glove on as above.

Check to make sure there are no visible rips, tears or holes in the gloves. If there are any, remove the gloves, wash your hands and put on new gloves.

Pull each glove cuff toward your wrist to cover as much skin as possible and secure the glove.

If you touch your face, if a glove tears or if you have any doubt about the gloves being dirty or contaminated:

Immediately remove the gloves

Dispose of the gloves after each use.

.Wash your hands thoroughly.

Never reuse them.

Put on a fresh pair of gloves.

Wash your hands thoroughly.

### **Extra Precautions at Home and Work**

Personal electronic devices

Pens

Keys

Any other frequently touched items and objects

Credit cards

Keyboards

Tablets

Remote controls

Sanitize your bathroom, kitchen and vehicle more frequently than usual.

Find directions on any specific disinfectant to use for the type of virus.

### **When Leaving and Returning to Your Home**

If there is an outbreak in your area, leave your home only for essential needs or as authorized by local regulations.

If you must leave your home, wear a face mask and disposable gloves.

Maintain distance from others in public areas.

Before re-entering your home, do the following:

a. Take your shoes off and leave them outside, or spray the bottoms with disinfectant.

b. Remove and discard the mask and disposable gloves.

c. With a fresh pair of gloves, disinfect any items you used when you were out—keys, credit cards, wallet, etc.

Discard the gloves. Wash your hands thoroughly.