

Name:

Date:

# Ways to Prevent Coronavirus

Prevention is needed to slow the spread of the virus and to protect yourself, your family and your community. There is no vaccine for COVID-19. The best ways to prevent the illness is to avoid being exposed to it. The virus is believed to be spread mainly from person to person. It is believed that it can spread when an infected person is within 6 feet of another individual. It is also spread through respiratory droplets. An example of this is when an infected person coughs or sneezes. These droplets then land on an individual's mouth or nose or can be possibly inhaled or breathed into the lungs.

There are ways to protect yourself. The main way is to wash your hands often. This is done effectively with soap and water for a minimum of twenty seconds. Handwashing especially needs to be done when you have been in a public place, after blowing your nose, coughing or sneezing.

When water and soap are not available, you should use hand sanitizer. The hand sanitizer needs to contain or have at least 60% alcohol. You should use enough to cover your hands. Then you need to rub your hands together until they are dry. Lastly, avoid touching your eyes, nose and mouth with unwashed hands.

You should avoid close contact with people, especially those who are showing symptoms. These symptoms could be a persistent cough, runny nose, sneezing and fever. By placing distance between yourself and others you are minimizing the risk of spread within your community.

If you are sick or feeling below the weather, stay home. When you sneeze, cover your mouth and nose with tissue and throw away the tissue in the trash. Wash your hands immediately with soap in water for a minimum of twenty seconds or use hand sanitizer if no soap is available. If no tissue is available, use your elbow. Wear a face mask if you are around other people. When necessary, see medical assistance. If you believe that you may have COVID-19, call ahead to the doctor's, urgent care or emergency room. This will allow them to prepare for your arrival, which minimizes others risk of exposure.

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1. Why is prevention needed?
2. Why is 6 feet the recommended distance between people?
3. How is CoVid-19 spread or transmitted?
4. What is the main way of protecting yourself from CoVid-19?
5. How long should you wash your hands?
6. If soap is not available, what should you do?
7. If you suspect you are sick, what should you do?
8. Why would you not go to the doctor's office, urgent care or emergency room without calling if you suspect you have CoVid-19?
9. What are some ways that you think that you can take to protect yourself, family and community from CoVid-19?
10. Name two things that you will do in relation to this article and prevention.