

WHAT IS COVID-19?

- COVID19 is a newly active virus that is highly contagious
- COVID19 most commonly spread by saliva droplets from close human contacts
- Droplets can also survive on surfaces for up to several days and spread through unprotected contact of contaminated surfaces
- COVID symptoms - similar to cold or flu, its trademark symptoms include, persistent fever, dry cough and breathing discomfort
- There are currently no medicines or vaccines on the market to alleviate or kill the virus once you are infected
- The incubation period for the virus is up to 14 days

REMINDERS:

- COVID 19 is now a global virus and may be present in any community ***including Neebing.***
- COVID is a short-lived illness in a person - only a small percentage of people get seriously ill, requiring hospitalization.
- Like with a cold or flu the majority of people will have symptoms for a short period of time and return to normal with no outward signs of having been ill.
- There is some evidence that the virus can be spread by people who do not yet show signs of being ill so it is prudent that we keep our distance from others and protect ourselves.

STAYING SAFE:

- **Social Distancing** – maintaining minimum distance from other people of six (6) feet
- **Staying at Home** – minimize all direct contact with those outside your 'home family' (living under one roof) to essential activities such as obtaining food or medicines
- **Minimize Movements** - to essential activities including obtaining food or medicines
- **Self Isolation** - if you have travelled outside your home region, believe you have had contact with a person **who may have COVID 19 or you feel sick.**

REDUCE YOUR RISK FOR COVID:

- **Hand Hygiene** – wash your hands carefully and frequently. Substitute sanitizer where soap and water not available.
- **Don't Touch Your Face** – the virus can be spread by contact from hand contact with a contaminated surface to your body through contact with mouth, nose or eyes

- **Decontamination of External Items** – consider decontamination of items purchased or brought into the home from external sources. This can range from leaving them in the garage for several days to with groceries, washing them down between the car and entering the house.

If you wear gloves, mask or eye protection to increase your protection while conducting 'external' activities remember that you must consider the gear as contaminated and clean it when you change location or activities.

STAY HOME ... STAY SAFE