

COVID-19

ESSENTIAL BUSINESSES PRESENTATION

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What is COVID-19

- A mild to severe respiratory virus that is caused by the coronavirus.
- The human body has never seen this virus before. It is significantly more deadly than the common flu.
- We are still learning about this virus, which is why guidance continues to evolve.



How do you get COVID-19?

Based on what is currently understood about the virus:

- Most are infected by sustained contact with individuals who have this disease.
- Vast majority of transmission is from family members. People who are exposed to the public for sustained periods of time are most at risk.
- It is transmitted primarily by contact with infectious material such as respiratory droplets. Almost exclusively from hands to face (Eyes, nose, mouth).



What are the Symptoms?

- Commonly: Fever, cough, shortness of breath and may progress to pneumonia and respiratory failure.
- Sometimes the first sign is you lose sense of smell and taste.
- For 80% you just don't feel good. You have a mild cough and headache that lasts 5 -7 days and up to 14 days.
- If you develop shortness of breath it is usually between day 3-5. Unless it progresses into more serious lung involvement patients feel better around 7-day mark.



What do I do if I get COVID-19?

- Refer to CDC guidelines for the latest guidance.
- If you develop a fever and you are otherwise fine, isolate yourself from your family. Contact your healthcare provider before you seek medical care. Do not leave your home, except to get medical care. Do not visit public places.
- As soon as fever is gone and you are feeling better for 7 days you can be around your family.
- If you have a mild cold-like symptoms or allergy symptoms take the precautions – If one to two days, you feel better you don't have COVID 19.



When should I call my healthcare provider?

If you have the following symptoms, seek medical attention **but call first (Hospital 24/7 Call Center is 712-563-5236).**

- Shortness of breath
- Persistent pain or pressure in chest
- New confusion or inability to arouse
- Bluish lips or face

This list is not all inclusive. Please call your healthcare provider for any symptoms that are severe or concerning. Follow the healthcare provider's instructions.



How do you prevent getting the disease?

Follow Four Basic Rules:

1. Keep your hands clean. Walk around with hand sanitizer. If you touch things, use sanitizer or wash your hands. Sanitize the handle of a cart. Handwashing with soap and water for 20 seconds is the most effective.
2. Must psychologically work on not touching your face with unclean hands. The idea behind wearing the mask is to keep you from touching your face and to keep someone from spreading their germs on you if they cough or sneeze.



Follow the Rules!!!


3. When you leave your house, wear a mask when you are around people. Please save N-95 masks for frontline healthcare workers and first responders who need will need them. The general public has zero need for N-95.
4. Distance yourself from people. Keep your 6 ft distance.



KEEPING CORONAVIRUS OUT WHEN YOU COME HOME

A process for frontline providers to minimize risk of transmission after a hospital shift


PREP: CREATE AND MARK A HOT-ZONE
near your home entrance



Using tape, mark off hot-zone (contaminated area) outside front door, inside garage, or inside and near the first entry point to your home. Place the following materials inside:


- A basket for clothes and loose items
- Hand sanitizer (at least 60% alcohol)
- Sanitizing wipes (if unavailable, use baby wipes and alcohol)
- Coat rack or hook for outerwear/coat

STEP 1: DEROBE AND SANITIZE IN HOT-ZONE
upon returning home each day



Stand in hot-zone.
Sanitize hands.
Carefully remove clothes to avoid contaminating surroundings.
Place jacket and bag on hook or rack, and hospital clothes into basket.
Remove shoes, and leave in hot-zone.
Disinfect phone, keys, and other loose items.*
Disinfect door knob and any other surface touched while entering.

STEP 2: WASH CLOTHES AND SHOWER
as soon as possible

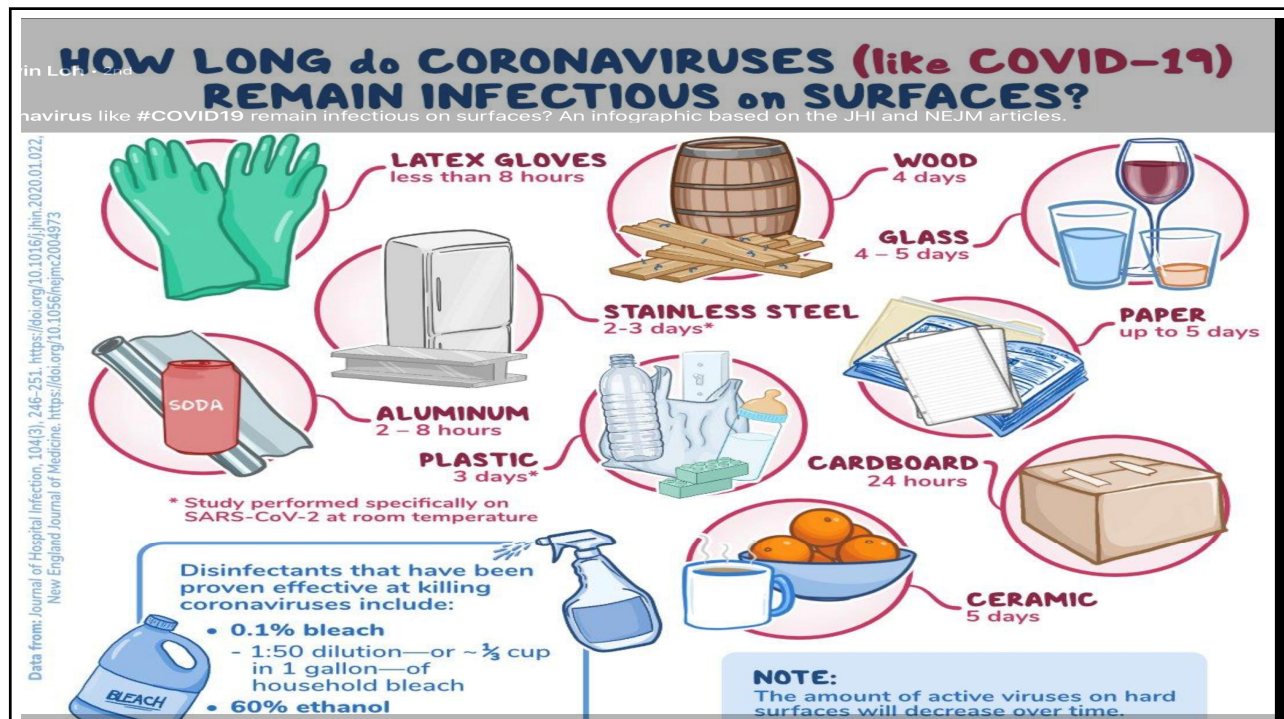


Place clothes in washing machine or laundry bag designated for contaminated clothes. Wash clothes when appropriate for your context.
Wash hands with soap and water for 20 seconds.
Shower as soon as possible.
Put on clean clothes.

What do I need to do when I must go out in public?

- Only go out in public if you absolutely must. All you need is a simple homemade mask to cover your face. Wear your glasses if you have them. Take your hand sanitizer with you.

Give the Kids the Cool Masks!



How do I make disinfectant wipes?

DIY Clorox Wipes

1 cup Water
2 TSPS Bleach
2 TSPS Dish Soap
6 Drops Essential Oil (Optional)

DIY Lysol Wipes

1 cup Water
6 TBSPS 91% Isopropyl Alcohol
2 TSPS Dish Soap
6 Drops Essential Oil (Optional)

DIY Baby Wipes

1 Cup Water
1 Tbsp liquid baby bath soap
2 TspS baby oil or coconut oil

DIY Gentle Disinfecting Wipes

1 cup Water
6 TSPS White Vinegar
2 TSPS Dish Soap or Baby Shampoo
6 Drops Essential Oil (Optional)

Soak paper towels or fabric in solution.
Wring out to just moist enough
Store in airtight container



What can essential businesses do?

TRY TO LIMIT THE NUMBER OF PEOPLE COMING INTO THE STORE AT ONE TIME. POSSIBLY POST A SIGN LIKE THIS.

































































Plexiglass Face Shield

This will provide some protection for your workers, but they need to stand behind it when someone is within their 6-foot space.





COVID-19 SYMPTOMS vs. Flu, Cold & Allergies				
	COVID-19	FLU	COLD	ALLERGIES
 COUGH				
 FEVER				
 BREATHLESSNESS				
 BODY ACHES				
 HEADACHE				
 FATIGUE				
 SORE THROAT				
 DIARRHEA				
 RUNNY NOSE				
 SNEEZING				
 WATERY EYES				

 Frequently
  Sometimes
  Little
  Rarely
  None

Sources: WHO, CDC
www.co.carver.ma.us/covid-19
 CARVER COUNTY Public Health

Is there any good news?

- Every single day we are getting better and we know more.
- Scientists are working non-stop to find a vaccine.
- Most children 0-14 do not seem to be severely affected but can be carriers.



- It is thought that people who get COVID -19 develop some type of immunity. How long it will last is unknown.
- There are some drugs currently being tested that show promise but more testing needs to be done.
- You don't have to be scared and you can protect your family if you simply follow the rules.



***This will not
defeat us! We
are Iowa Strong!***

