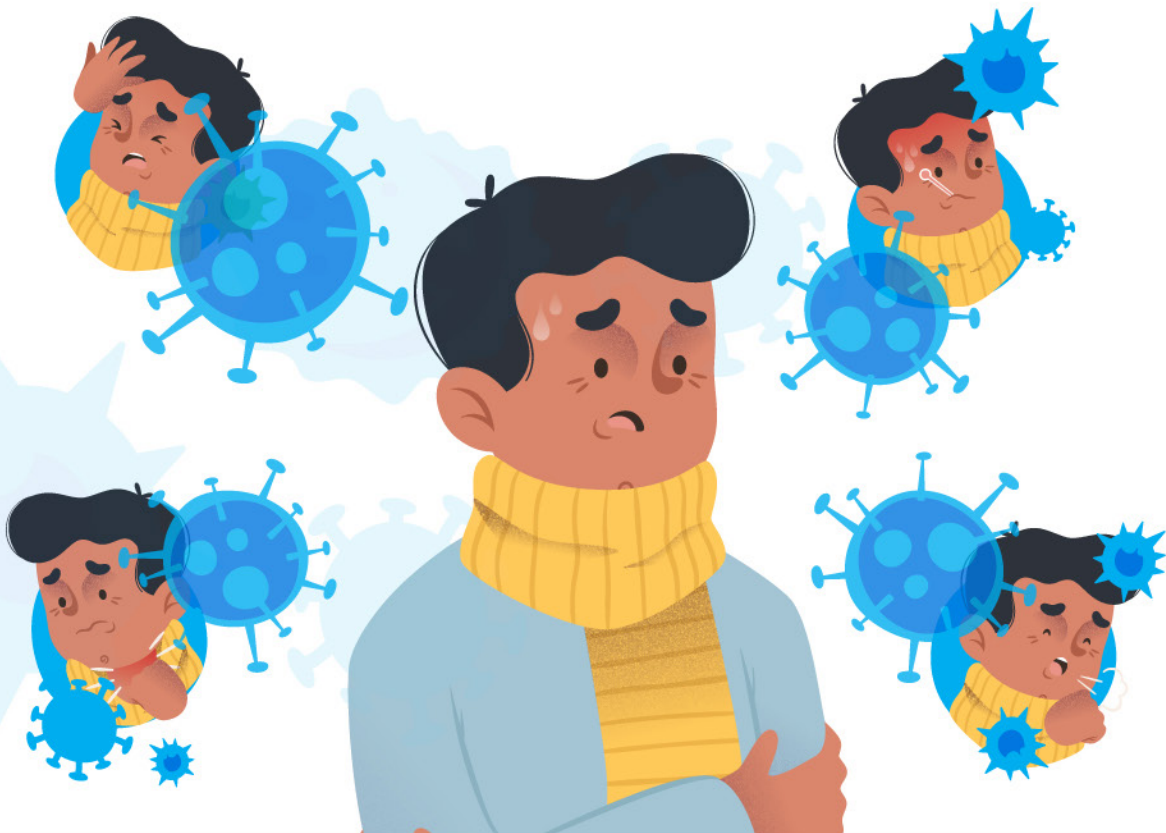




CORONAVIRUS



WHO recommends this Coronavirus (COVID-19) reference for use in the office to provide info, tips, and tricks for the global pandemic.

Use this quick reference on your office walls to teach the basics and understand how to identify the symptoms of the Coronavirus.

This free printable quick reference is yours to
use, distribute and share.

COVID-19/Coronavirus

Patient Reference Guide

ABOUT CORONAVIRUS

The novel coronavirus is a global pandemic that causes the COVID-19 respiratory disease. The United States has a declared National State of Emergency in response to this public health threat.

How Does it Spread?

COVID-19 is a newer disease that is still being studied to understand all the potential ways it could be spreading. As a respiratory illness, physical contact with contaminated surfaces is one way to elevate the risk of contracting the disease.

Is There a Vaccine or Treatment?

At this time, there is no known vaccine for the virus, nor is there a specific treatment.

Who is Most At Risk?

Anyone **60+ years old** or dealing with health complications such as a compromised immune system, lung disease, or diabetes are "high risk." People should:

- Stay home and avoid public crowds or private gatherings
- Avoid all contact with anyone who shows symptoms
- Seek medical advice via televisit or other mobile methods

PREVENTION

Similar to methods during cold and flu season, here are ways you can take preventative hygienic action:

Wash your hands frequently.

- Use **soap** and water for at least 20 seconds.
- Use **alcohol-based hand sanitizers** if soap and water are not available.
- Avoid making **hand contact with your face**.

If you show any symptoms, stay home and self-isolate.

Avoid direct contact with anyone who is sick.

- When in public areas, keep at least 6 feet between you and others.
- Avoid shaking hands, kissing, or other physical contact with people in public.

Regularly clean your house

- Use disinfectant wipes, bleach, or other household cleaners.
- Focus on high-contact surfaces such as doorknobs, light switches, etc.

Cover your mouth when coughing or sneezing.

- Cough into your elbow or a tissue.
- Immediately wash your hands afterward.

SYMPTOMS



Symptoms normally appear within 2-14 days after exposure.

PROPER HANDWASHING TECHNIQUES

Know how to keep your hands clean to avoid spreading the coronavirus and other common diseases.



Use soap and clean, running water.

Rub your hands together with the soap to lather up



Ensure that the lather reaches the back of your hands, between your fingers, and under nails

Scrub and lather for at least 20 seconds



Rinse your hands completely under the water.

Dry hands with a clean towel or let them air dry.



COVID-19 MYTHBUSTERS!

- Cold weather and snow **DO NOT** kill the new coronavirus.
- Medical masks **DO NOT** significantly slow infection rates.
- Antibiotics **ARE NOT** effective against COVID-19.
- Most COVID-19 cases are mild, and most people recover on their own.
- Taking a hot bath **DOES NOT** prevent the new coronavirus.
- Hand dryers **ARE NOT** effective in killing the new coronavirus.
- Vaccines against pneumonia **DO NOT** protect you against the new coronavirus.
- There is **NO EVIDENCE** that eating garlic defends against the new coronavirus.
- People of **ALL AGES** can be infected by the new coronavirus.

EDUCATION OUTREACH

Help others be informed about the coronavirus and best practices to minimize the risk of exposure. Share this quick reference guide with other patients, work staff, students, or people in your community.

Know anyone who is showing symptoms?

- Have them go home
- Have them inform their doctor by phone
- Wash your hands and self-quarantine if you've been in physical contact with them

Further Resources

[CDC Website](#)
[WHO Preventative Measures](#)

Discourage physical contact among family and friends

Postpone or cancel public events

Hold meetings online via televisit platforms and virtual services

Equip business staff to work remotely

Keep your office area clean

Keep your living areas clean

Wipe down all surfaces regularly with disinfectant