

## HOW TO PROTECT YOURSELF:

- Wash hands frequently and appropriately:
  - Wash with soap and water.
  - Wash for 20 seconds.
- Use hand sanitizer if unable to wash with soap and water.
  - Hand sanitizer should have at least 60% alcohol.
- Maintain at least a 6 foot distance from others.
- Clean and disinfect frequently touched surfaces (tables, doorknobs, light switches, counter tops, handles, desks, phones, keyboards, toilets, faucets, sinks, remote controls, bathroom fixtures, tablets, and bedside tables).
  - Use EPA registered household disinfectants.
  - If using alcohol solutions, it needs to be at least 70% alcohol.
  - Bleach solution:
    - 1/3 cup (5 tablespoons) household bleach per 1 gallon water.
    - 4 teaspoons household bleach per 1 quart water.

## COVID-19 INFORMATION:

- Covid-19 incubation period (time from exposure until you are ill) can be up to 14 days.
  - You can infect someone **BEFORE** you feel ill.
- Symptoms:
  - Loss of smell – often before fever or feel ill
  - Loss of taste – often before fever or feel ill
  - Fever – over 100.5'
  - Cough
  - Shortness of breath
- How long we believe COVID-19 can survive:
  - In the air – 4 hours
  - On copper – 4 hours
  - On cardboard – 24 hours
  - On stainless steel – 72 hours
  - On plastic – 72 hours
  - On glass – 96 hours

## HOW TO PROTECT OTHERS:

- Maintain at least a 6 foot distance from others.
- Wash hands frequently and appropriately:
  - Wash with soap and water.
  - Wash for 20 seconds.
- Use hand sanitizer if unable to wash with soap and water.
  - Hand sanitizer should have at least 60% alcohol.
- Wear a mask if you go out in public (please see attached instructions on how to make a mask at home using a bandana and two rubber bands)



- STEP ONE: turn the bandanna face-down and fold one half toward the center



- STEP TWO: fold the other half in toward the center



- STEP THREE: flip the bandanna over so it's face-up



- STEP FOUR: fold one half toward the center



- STEP FIVE: fold the other half toward the center



- STEP SIX: flip the bandanna over again and slide an elastic hair tie on each end



- STEP SEVEN: fold the ends in toward the center



- STEP EIGHT: flip the mask over, this is how it should look



- STEP NINE: pull the elastic hair ties to the sides and slide them around your ears

## IF YOU FEEL ILL OR HAVE **ANY** SYMPTOMS OF COVID-19:

- **STAY HOME!**
- **Contact your PCP** (Yavapai-Apache Health Center phone number 928-567-2168).
- Do not leave your home, except to get medical care. Do **NOT** visit public areas.
- Avoid contact with other household members:
  - If possible stay in a separate room that only you utilize
  - If possible use a separate bathroom
- If you have pets:
  - If possible have another household member care for your animals while you are sick.
  - Avoid contact with your pet including petting, snuggling, being kissed or licked, and sharing food.
  - If you must care for your pet or be around animals while you are sick, wash your hands before and after you interact with them.
- You should wear a mask when you are around other people (including before you enter a medical facility).
- Cover your coughs and sneezes:
  - Cover your mouth and nose with a tissue when you cough or sneeze
    - Throw used tissues in a lined trash can.
    - If you do not have a tissue available, cough or sneeze into your elbow.
  - Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.
- **WASH YOUR HANDS:** wash your hands often with soap and water for at least 20 seconds.
  - This is especially important after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
  - Soap and water are the best option, especially if hands are visibly dirty.
  - **HAND SANITIZER:** if soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.
  - **AVOID TOUCHING:** avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid sharing personal household items:
  - Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home.
  - After using these items, wash them thoroughly with soap and water or put in the dishwasher.
- Clean ALL high-touch (tables, doorknobs, light switches, counter tops, handles, desks, phones, keyboards, toilets, faucets, sinks, remote controls, bathroom fixtures, tablets, and bedside tables) surfaces everyday:
  - Clean all high-touch surfaces in your isolation area (sick room and bathroom) every day.
  - Let a household member clean and disinfect high-touch surfaces in other areas of the home, but not in your bedroom and bathroom.
    - If someone else needs to clean and disinfect a sick person's bedroom or bathroom, they should do so on an as-needed basis. The person cleaning should wear a mask and wait as long as possible after the sick person has used the bathroom

- **AVOID:**
  - **DO NOT** use NSAIDs (ibuprofen, aspirin, naproxen) if you have or may have COVID-19 as those medications may worsen the COVID-19, instead use acetaminophen (Tylenol) for fever and pain
  - **Nebulizer treatments:**
    - If you have asthma please use your albuterol MDI (inhaler) only as the nebulizer may worsen the COVID-19
- **EMERGENCY WARNING SIGNS – GET MEDICAL ATTENTION IMMEDIATELY:**
  - Trouble breathing
  - Persistent pain or pressure in chest
  - New confusion or inability to arouse
  - Bluish lips or face
- When to discontinue home isolation:
  - People with COVID-19 who have been in home isolation can stop under the following conditions:
    - You have had no fever for at least 72 hours (that is three full days of no fever without the use of medicine that reduces fevers) **AND:**
    - Other symptoms have improved (for example, when your cough or shortness of breath have improved) **AND:**
    - At least 7 days have passed since your symptoms first appeared.