

PSA-How to Stay Safe During Quarantine

By Kyle Shannon



Wash your hands often

Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.



If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.

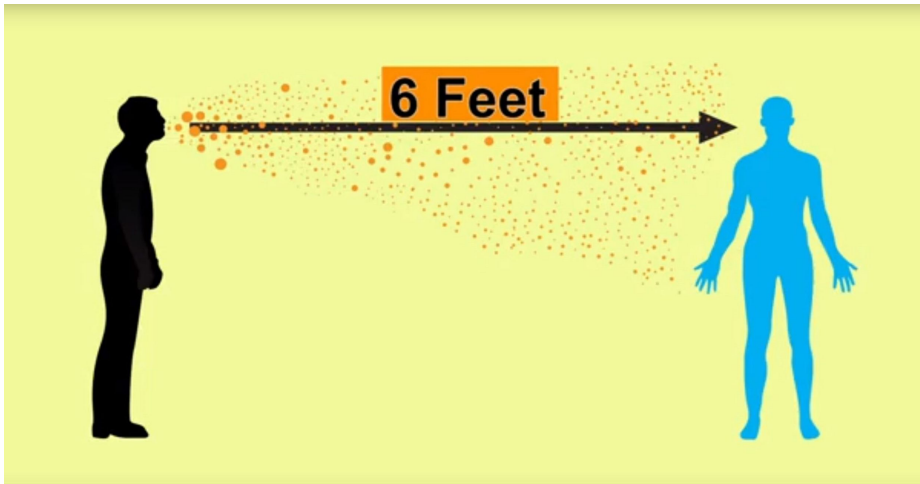
Avoid touching your eyes, nose, and mouth with unwashed hands.



Avoid close contact

Avoid close contact with people who are sick.

Stay home as much as possible. Put distance between yourself and other people.

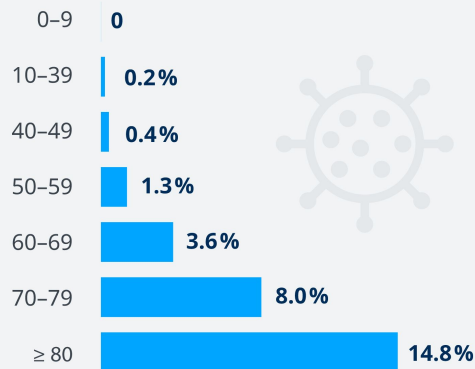


Remember that some people without symptoms may be able to spread virus.

Keeping distance from others is especially important for people who are at higher risk of getting very sick.

COVID-19 mortality rate by age

Data from 72.314 patients



Source: Chinese Center for Disease Control and Prevention.

Cover your mouth and nose

You could spread COVID-19 to others even if you do not feel sick.

Everyone should wear a cloth face cover when they have to go out in public, for example to the grocery store or to pick up other necessities.



Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.



The cloth face cover is meant to protect other people in case you are infected. Do NOT use a facemask meant for a healthcare worker.

Continue to keep about 6 feet between yourself and others. The cloth face cover is not a substitute for social distancing.



Cover coughs and sneezes

If you are in a private setting and do not have on your cloth face covering, remember to always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.



Throw used tissues in the trash.

Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.



Clean and disinfect

Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.



If surfaces are dirty, clean them. Use detergent or soap and water prior to disinfection.

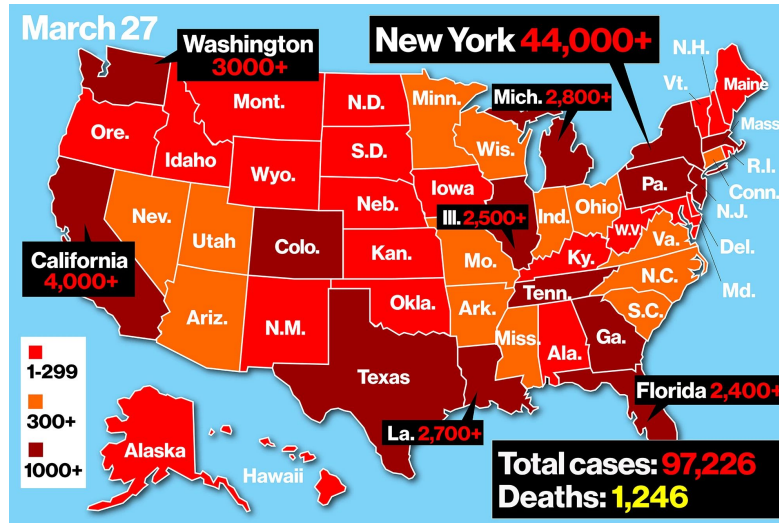
Then, use a household disinfectant.



Case Pack = 2

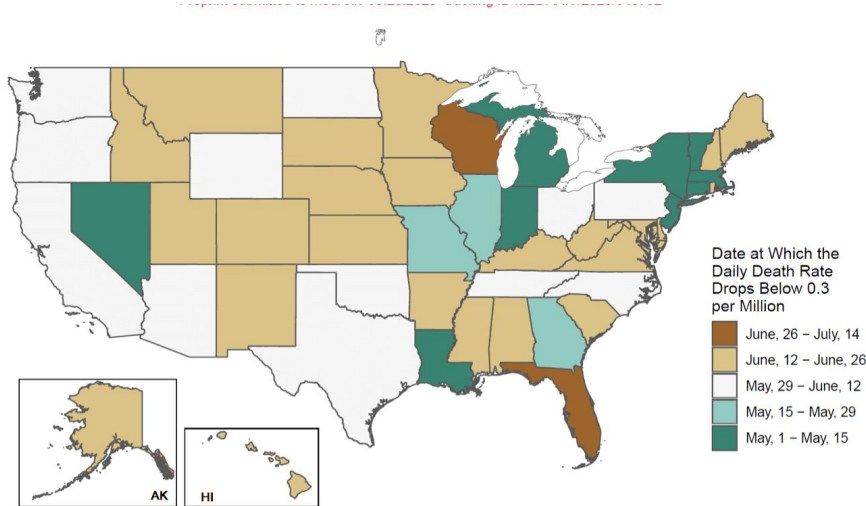
Who has Coronavirus?

Covid-19 has reached every state in the U.S and there are over 1 million cases and over 60,000 deaths as of right now. New York and New Jersey holding the most cases totaling to roughly 450,000.



When will it peak?

In New York, the study suggests the peak will start on April 9 and last until May 1 - May 15. This means, on average, social distancing and self-quarantine will last for a month from peak date.



Be patient!

This will all be over soon as long as we all follow the necessary steps to stay safe and limit the spread. Follow the steps this slideshow presents and we will all get through this together.

