



March 27, 2020

Embracing behaviors that prevent infectious disease transmission empowers you to stay safe and keep others safe from COVID-19. An infectious disease outbreak, epidemic or pandemic can only occur when infected "hosts" transmit pathogens out of specific "exit portals" into susceptible hosts through specific "entry portals." In the case of COVID-19, the eyes, nose and mouth are exit portals, and the eyes, nose or mouth also happen to be the entry portals for this disease. In other words, the only way to get COVID-19 is for it to get into your eyes, your nose or your mouth.

**PROTECT YOURSELF** and your loved ones by protecting your eyes, your nose and your mouth. Think about every common surface you touch, such as doorknobs, TV remotes, keyboards, money, credit cards, tabletops, mail and packages, groceries, and on and on. Clean what you can and **SCRUB** your hands often, especially before you touch your face. Evidence is growing that asymptomatic people may be transmitting this virus at an alarming rate on their hands.

**BOOST YOUR IMMUNITY DAILY** to avoid being a susceptible host, and to insure a quick recovery if you do become ill. It is simple: 8+ hours of nighttime sleep, colorful nutrients, exercise, fun and relaxing activities, and do not smoke or vape anything!

**PROTECT OTHERS**, including your loved ones at home, by protecting everyone from your COVID-19 exit portals. Specifically, from any pathogens that could be in your eyes, nose or your mouth; and possibly, for COVID-19, from intestinal excrement as well. Again, the evidence is growing that asymptomatic people may be transmitting this virus at an alarming rate.

**SPECIFICALLY,**

1. Scrub your hands (> 20 seconds), including your thumbs and your fingertips, before you touch your eyes, nose or mouth for any reason, as well as before you prepare food for yourself or others and after toileting. The newest recommendation for hand sanitizers is to use commercial products with 70%+ alcohol and scrub your hands until the sanitizer dries.
2. Do not share any personal items (including cell phones, lip balm/makeup, toothpaste, towels), or food or drink.
3. Cover every cough and sneeze completely, aiming downward toward the floor, and ask others to do the same.
4. Keep a six foot distance from others, and isolate anyone in your home who is ill.
5. Stay home, whenever you are instructed to do so, to protect yourself and others.

Stay up to date with these resources:

- <https://www.cdc.gov/coronavirus/2019-ncov/>
- <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
- <https://www.coronavirus.ohio.gov>

**We care, and we very much want you to take care!**

The WRA School Health Services Team