



May 1, 2020

Transmission of an infectious disease can only occur when infected people expose others to it via “doorways”, or portals that are specific for that disease. In the case of COVID-19, it enters through any of the three openings (portals) on the face.

PROTECT YOURSELF AND OTHERS from COVID-19, by protecting everyone’s face! The key points to have in mind are to:

1. Know that people pass COVID-19 to others, whether or not they have symptoms of illness.
2. Keep a personal distance from others, because an infected person could directly spew COVID-19 into someone’s eyes, nose or mouth when they speak or breathe within a few feet of someone’s face, or when they cough nearby.
3. Keep your hands away from your face, as this virus could be anywhere, and, it passes indirectly between people who touch their eyes, nose or mouth after touching common surfaces or personal items that could be contaminated with COVID-19.

BOOST YOUR IMMUNITY DAILY to avoid being a susceptible host, and to ensure 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!

PUBLIC HEALTH DIRECTIVES include more specific and ever-evolving information about behaviors that keep everyone safe.

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.
 - a. Scrubbing hands with soap, then rinsing off germs with clean water is always best.
 - b. The newest recommendation for hand sanitizers is to use commercial products with 60-70% 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 (into the inside of your elbow), and aiming downward toward the floor. Moreover, ask others to do the same, and everyone should do this, even if they are wearing a facial covering!
4. Keep a minimum six-foot distance from others and isolate anyone in your home who is ill.
5. Stay home, whenever possible, or when instructed to do so to protect yourself and others!
6. When you must go out, growing evidence suggests that **dry facial coverings protect others**. It seems facial coverings provide a decent barrier to protect others from you, in case you have the virus and you speak, breathe or cough near someone.
 - a. Viruses pass through wet or moist facial coverings, rendering them ineffective.
 - b. It is important to use **clean facial coverings** and clean hands to apply and remove them, to protect your face from the virus if it contaminates the outside of the covering you are wearing or your hands. [See additional information from Ohio Department of Health](#)

7. Assume anyone could have Covid-19, whether or not they have symptoms, and whether they believe they may have had this virus before.
8. Call your physician's office for instructions if you believe you or anyone in your family may have Covid-19, or if you have had recent close contact with someone diagnosed with COVID-19.
9. Stay up to date with these resources:
 - a. <https://www.cdc.gov/coronavirus/2019-ncov/>
 - b. <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
 - c. <https://www.coronavirus.ohio.gov>

We care, and we very much want you to take care,
WRA School Health Services