HOW TO PROTECT YOURSELF & OTHER PEOPLE

by:
Karen Micah R. Parayo
Teacher Applicant

Important Ways to Slow the Spread

1. Wear a mask that cover your nose and mouth to help you protect yourself and other people around you.

2. Stay 2 meters apart from others who do not live with you.

3. Get a COVID19 vaccine when it is available.

4. Avoid crowded and poorly ventilated indoor spaces.

5. Wash hands often with soap and water and use hand sanitizer if soap and water are not available.

Wearing a mask:

• Everyone should wear masks in public places.

• Masks should be worn in addition to staying at least 2 meters apart, especially around people who do not live with you.

• If someone in your house is infected, people in the household should wear masks to avoid spread to others.

• Before putting mask wash hands or use hand sanitizer.

• Wear mask over nose and mouth and secure it under the chin.
• Fit the mask snugly against the sides of face, slipping the loops over ears or tying the strings behind head.

• If does not fit properly, you might need to find a different mask type or brand.

• Make sure you can breathe easily.

Stay 2 meters away from others

• Inside home: Avoid close contact with people who is sick.
  
  o If possible, maintain 2 meters between the person who is sick and other household members.

• Outside home: Put 2 meters of distance between yourself and people who do not live in your household.
  
  o Remember some people having without symptoms may be able to spread virus.
  
  o Stay at least 2 meters (about 2 arm lengths) from other people.
  
  o Keeping distance from other people is important for people who are at higher risk of getting very sick.

Get Vaccinated

• Authorized COVID19 vaccines can help you protect from COVID19.

• You should have a COVID19 vaccine when it is available to you.

• Once you are vaccinated fully, you may be able to start doing somethings that you had stopped doing because of the pandemic.

Avoid crowded and poorly ventilated spaces
• Being in crowded places like in restaurant, bar, fitness center, or movie theater puts you at higher risk for COVID19.

• Avoid indoor activity that do not offer fresh air from the outdoors.

• Bring in fresh air by opening windows and doors, if in indoors.

Wash hands often

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

• It is especially important to wash: before eating or preparing food; before touching face; after using the restroom; after leaving a public place; after blowing nose, coughing, or sneezing; after handling mask; after changing a diaper; after caring for someone sick; and after touching pets.

• Use a hand sanitizer that contains 60% alcohol if soap and water are not available.

• Avoid to touch your eyes, nose, and mouth with unwashed hands.

References:

https://www.webmd.com/lung/coronavirus-prevention-overview#1