



CENTER FOR FAMILY MEDICINE

[COVID 19 PANDEMIC \(cdc.gov\)](https://www.cdc.gov)

People more than 60 years old and those who have diseases like heart or lung disease, diabetes, or cancer seem to be at a higher risk of getting very sick from COVID-19. Please talk with your doctor about what you can do to protect yourself and your family and friends.

Know How it Spreads

- There is currently no shot (vaccine) to prevent Coronavirus disease 2019 (COVID-19).
- **The best way to keep from getting sick is to avoid being around people who are sick.**
- The virus is thought to spread mainly from person-to-person.
- Try to keep about 6 feet between you and other people (about 2 meters).
- When a sick person coughs or sneezes, they produce tiny drops of liquid. These drops can land in the mouths or noses of people who are too close.

Take Steps to Protect Yourself

Clean your hands!

- **Wash your hands** often with soap and water. Wash for at least 20 seconds after you have been in any public place (like grocery store, bank, clinic). Wash after blowing your nose, coughing, or sneezing.
- If soap and water are not available, **use a hand sanitizer that contains at least 60% alcohol.**
- Make sure your whole hand is covered with the sanitizer. Rub them together until they feel dry.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.

Avoid close contact!

- **Avoid getting close** to people who are sick.
- You should also try to stay more than 6 feet (2 meters) away from people who do not look sick.
- This is really important for people who are at a higher risk of getting very sick.
 - People older than 60 years
 - **People of any age who have serious chronic medical conditions** like heart disease, lung disease, diabetes, and kidney disease

Take Steps to Protect Others

Stay home if you are sick!

- Call your doctor's office before going to the clinic!

Cover Coughs and Sneezes!

- **Cover your mouth and nose** with a Kleenex when you cough or sneeze. Or, you can use the inside of your elbow.
- **Throw used Kleenex** in the trash.

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



Wear a Facemask if You Are Sick!

- **If you are sick:** You should wear a facemask when you are around other people— (like sharing a room or car). You should also wear a mask when entering your doctor’s office.
 - If you are not able to wear a facemask, because the mask causes trouble breathing, then you should do your best to cover your coughs and sneezes.
 - If you cannot wear a mask, the people who are caring for you should wear a facemask.
- **If you are NOT sick:** You **do not** need to wear a facemask. If you are caring for someone who is sick and cannot wear a mask, then you should wear a mask. Facemasks may be in short supply, and they should be saved for caregivers.

Clean and Disinfect!

- **Clean AND disinfect ALL surfaces many times a day (4-5 times).** This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
 - **Cleaning** means to remove most of the germs and dirt from surfaces. Cleaning does not kill germs but removes them. This lowers the number of germs and the risk of spreading infection.
 - **Disinfecting** refers to using chemicals to kill germs on surfaces. Using chemicals helps to kill any germs left behind after cleaning.
- **First clean the surface by** using soap and water prior to disinfection.
- **To disinfect:** Most common EPA-registered household disinfectants will work. Or you can make your own disinfectant at home using “watered down” or diluted bleach
 - To make a bleach solution, mix:**
 - 5 tablespoons (1/3rd cup) bleach per gallon of water
 - OR**
 - 4 teaspoons bleach per quart of water
- **Alcohol solutions can be used to disinfect surfaces.** Be sure the solution has at least 70% alcohol!
- **Other common EPA-registered household disinfectants.***
 - *Clorox disinfecting wipes*
 - *Clorox Multi-Surface Cleaner + Bleach*
 - *Lysol Clean and Fresh Multi-Surface cleaner*
 - *Lysol Max Cover Mist*
 - *Lysol Heavy Duty Cleaner Disinfectant Concentrate*
 - *Peak Disinfectant Wipes*
 - *Peroxide Disinfectant and Glass cleaner*
 - *Peroxide Multi-Surface Cleaner*
 - *Purell Professional Surface Disinfectant Wipes*
 - *Sani-Prime Germicidal disposable wipes*
 - *Sani-Prime Germicidal spray*

***Look for products that are “EPA Registered Disinfectants”**