

COVID
CORONAVIRUS
DISEASE **19**

NATIONAL INSTITUTES OF HEALTH
STOP THE SPREAD OF GERMS

FOR EVERYONE'S HEALTH AND SAFETY

**PLEASE KEEP YOUR
PHYSICAL DISTANCE**



The Rotary Club of Ithaca, Cayuga Medical Center, and The Tompkins County Health Department remind you

"Good Health is in Your Hands".

Rotary
Club of Ithaca



**TOMPKINS COUNTY
HEALTH
DEPARTMENT**
Your Partner for a Healthy Community

Cayuga
MEDICAL CENTER
A Member of Cayuga Health System

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COVID-19

COVID-19 AND YOUNG PEOPLE PROTECT YOURSELF

#COVID19 #ITHRIVE



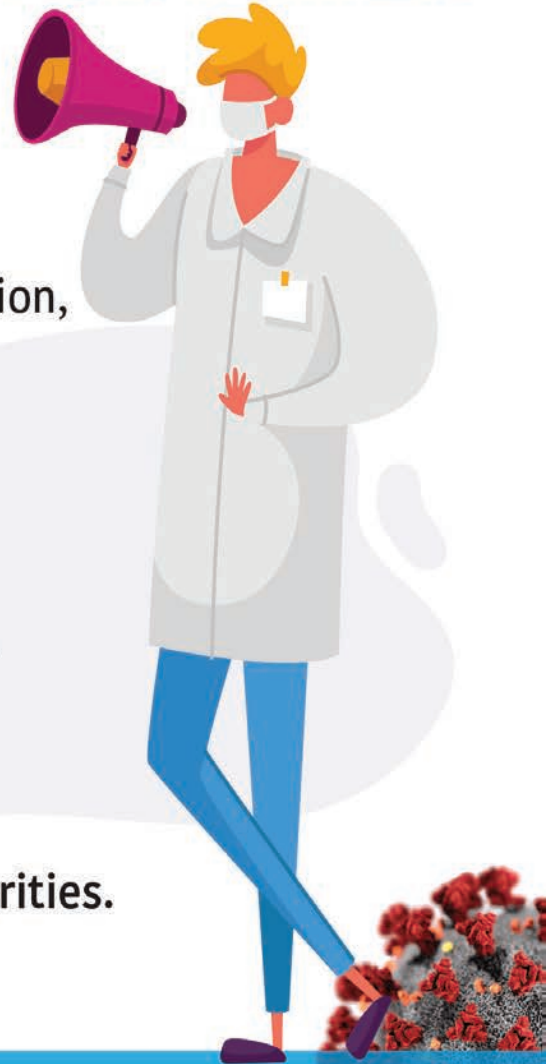
Young people are also at risk for severe sickness, hospitalization, and death from COVID-19.



Don't risk your life. Stay home if you are asked to; meet up with friends online or by phone.



Wash your hands and follow guidance from your local authorities.



PAHO



Pan American
Health
Organization



World Health
Organization
REGIONAL OFFICE FOR THE
Americas

**BE AWARE.
PREPARE. ACT.**
www.paho.org/coronavirus

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What you need to know about coronavirus disease 2019 (COVID-19)

What is coronavirus disease 2019 (COVID-19)?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

Can people in the U.S. get COVID-19?

Yes. COVID-19 is spreading from person to person in parts of the United States. Risk of infection with COVID-19 is higher for people who are close contacts of someone known to have COVID-19, for example healthcare workers, or household members. Other people at higher risk for infection are those who live in or have recently been in an area with ongoing spread of COVID-19. Learn more about places with ongoing spread at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html#geographic>.

Have there been cases of COVID-19 in the U.S.?

Yes. The first case of COVID-19 in the United States was reported on January 21, 2020. The current count of cases of COVID-19 in the United States is available on CDC's webpage at <https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html>.

How does COVID-19 spread?

The virus that causes COVID-19 probably emerged from an animal source, but is now spreading from person to person. The virus is thought to spread mainly between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes. It also may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads. Learn what is known about the spread of newly emerged coronaviruses at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>.

What are the symptoms of COVID-19?

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of

- fever
- cough
- shortness of breath

What are severe complications from this virus?

Some patients have pneumonia in both lungs, multi-organ failure and in some cases death.

How can I help protect myself?

People can help protect themselves from respiratory illness with everyday preventive actions.

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

If you are sick, to keep from spreading respiratory illness to others, you should

- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

What should I do if I recently traveled from an area with ongoing spread of COVID-19?

If you have traveled from an affected area, there may be restrictions on your movements for up to 2 weeks. If you develop symptoms during that period (fever, cough, trouble breathing), seek medical advice. Call the office of your health care provider before you go, and tell them about your travel and your symptoms. They will give you instructions on how to get care without exposing other people to your illness. While sick, avoid contact with people, don't go out and delay any travel to reduce the possibility of spreading illness to others.

Is there a vaccine?

There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to take everyday preventive actions, like avoiding close contact with people who are sick and washing your hands often.

Is there a treatment?

There is no specific antiviral treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.

For more information: www.cdc.gov/COVID19

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Symptoms of Coronavirus (COVID-19)

Know the symptoms of COVID-19, which can include the following:



Symptoms can range from mild to severe illness, and appear 2-14 days after you are exposed to the virus that causes COVID-19.

Seek medical care immediately if someone has emergency warning signs of COVID-19.

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

This list is not all possible symptoms. Please call your healthcare provider for any other symptoms that are severe or concerning to you.

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Keep Tompkins County Healthy & Safe During COVID-19



Distance

Please do not form lines or groups. Keep 6 feet of distance at all times.



Density

Avoid entering crowded rooms or areas. Reduce occupancy to allow for proper distancing.



Face Covering

You must wear a face covering when in public buildings and outdoor spaces around others.



Hand Hygiene

Wash hands well and often. Clean & disinfect frequently touched surfaces often.



Symptoms

If you have a fever, cough, shortness of breath, or body aches, stay home & get tested.



Mental Health

COVID-19 has affected everyone's well-being. If you are struggling, it's OK to ask for support.

Please take steps to protect your own health and the health of others.

**Get tested for COVID-19 at the Cayuga Health Sampling Site,
607-319-5708 or CayugaHealth.org**

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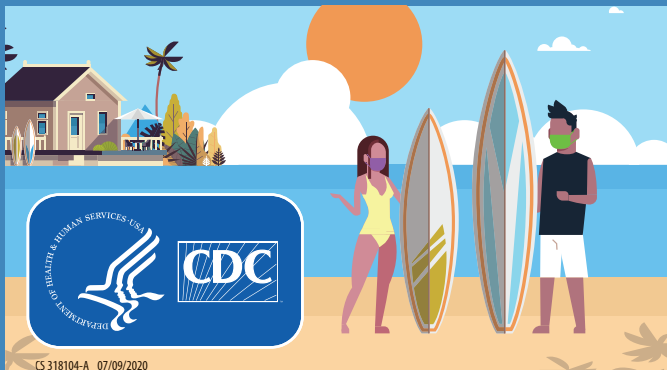
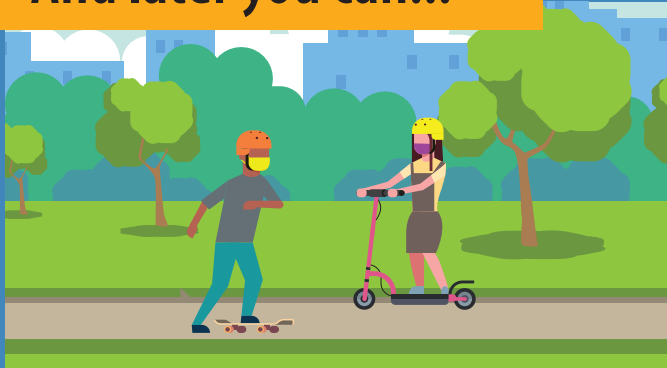
Do it for Yourself and Your Friends

If you have or think you have COVID-19

Stay home, get rest, and hydrate



And later you can...



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

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WHEN TO WASH YOUR HANDS

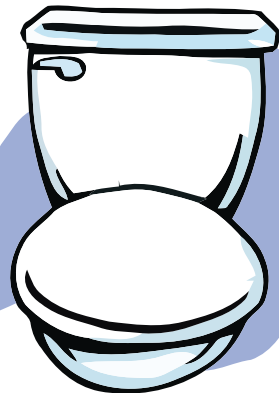
When you
get home



Before you eat



After you
sneeze or
cough



After you go to the bathroom

After you play
with pets



After you
play outside



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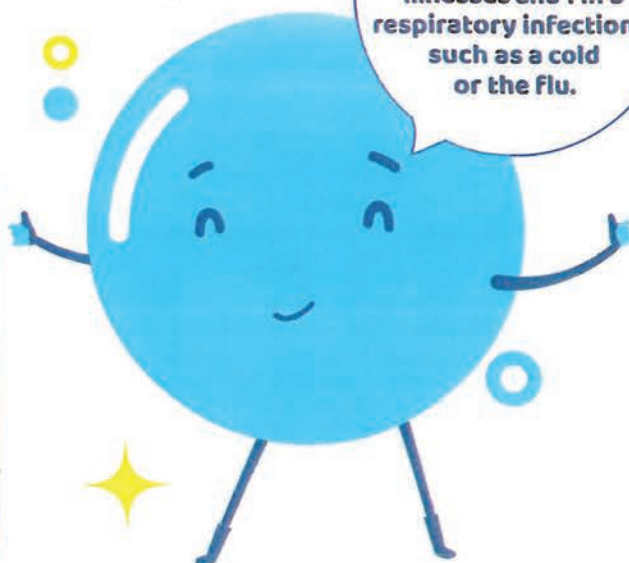
HELP PROMOTE

Clean Hands for Health

Parents and caregivers: Handwashing is one of the most effective ways to prevent the spread of germs and keep your family healthy. Teach kids early and remind them daily—and you'll create a lifelong habit that keeps everyone healthier and happier.

Why?

Handwashing can prevent 1 in 3 cases of diarrheal illnesses and 1 in 5 respiratory infections, such as a cold or the flu.



When?

Remind your child to wash their hands at these key moments:

- ✓ after using the bathroom
- ✓ after playing outside
- ✓ before eating
- ✓ after coughing, sneezing, or blowing their nose
- ✓ after touching pets
- ✓ after touching garbage

How?

Teach children these five easy steps for handwashing:



WET your hands with clean, running water (warm or cold), then turn off the tap.



APPLY SOAP to your hands and rub them together. Be sure to lather the backs of your hands, between your fingers, and under your nails.



SCRUB your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song twice.



RINSE hands well under clean, running water.



DRY hands using a clean towel or air-dry them.

KEEP REMINDING!

Building good handwashing skills takes time. At first, your child will need regular reminders. But soon it will become a healthy habit and a regular part of your child's day!

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Students: Let's work together to stop the spread of COVID-19

DID YOU WASH YOUR HANDS?

stop



think



wash hands



ASK YOURSELF:

Did I just go to the bathroom?

Am I about to eat?

Did I just eat?

Did I cough or sneeze?

*Did I touch supplies or objects
that other people have touched?*

Did I touch garbage?

Did I touch my cloth face cover?

*If you can't wash your hands,
ask your teacher or another
adult for hand sanitizer.*

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GLOBAL HANDWASHING DAY 2019

Clean Hands for All

This year's theme follows the push to leave no one behind in the Sustainable Development agenda. Inequalities in handwashing facilities and handwashing promotion programs can put individuals at higher risk for diseases that impact their health, education, and economic outcomes. Our tagline, **Clean Hands for All**, reminds us that we must be inclusive when addressing handwashing disparities.

WHAT YOU CAN DO



Ensure handwashing policies and programs are inclusive to all individuals



Establish accessible and appropriate places to wash hands in households, schools, workplaces, health facilities, and other community spaces



Conduct further research on handwashing inequities in different settings



Promote effective and inclusive handwashing behavior change in research and policies

ABOUT GLOBAL HANDWASHING DAY

Global Handwashing Day is a global advocacy day dedicated to increasing awareness about the importance of handwashing with soap as an effective and affordable way to prevent diseases and save lives.



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HANDWASHING

is your superpower!



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GERMS

are all around you.



Stay healthy.
Wash your hands.

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CLEAN HANDS FOR *All*

www.globalhandwashing.org




Global Handwashing Day
October 15

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1,000,000,000,000
germs can live in
one gram of poop

(That's the weight of a paper clip!)

WASH YOUR HANDS

after using the toilet

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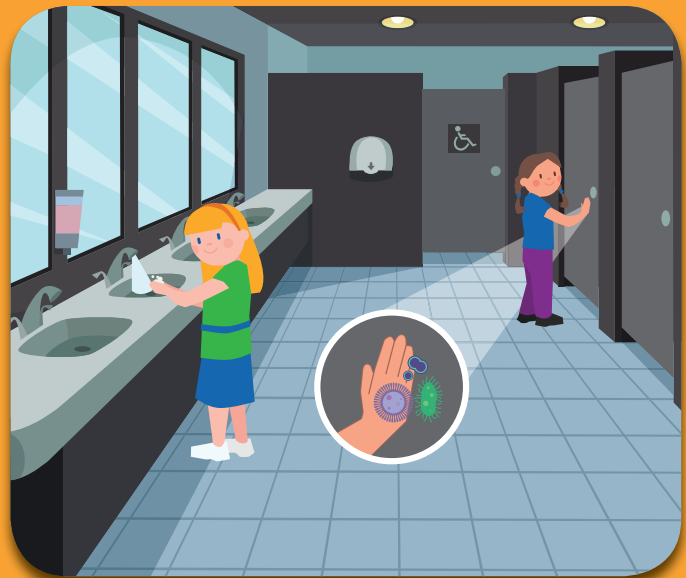
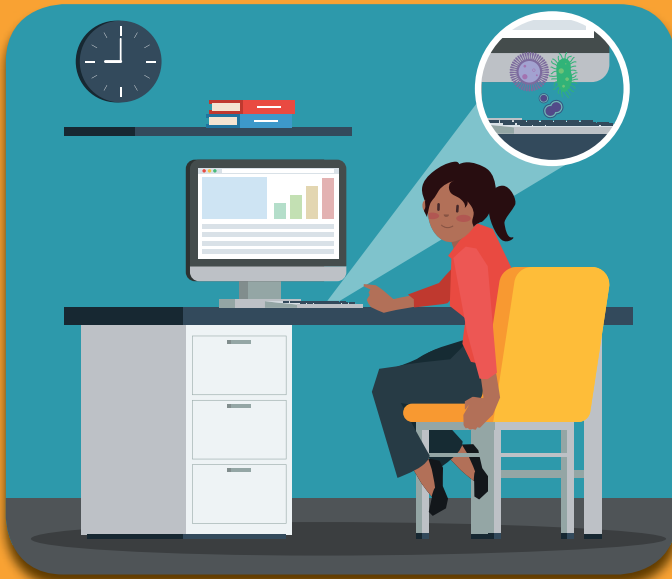
"Good Health is in Your Hands".



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Germs are everywhere!

You can pick up germs from things you do every day.



Wash your hands so you don't get sick.

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A HEALTHY FUTURE IS IN YOUR HANDS



CLEAN HANDS KEEP YOU HEALTHY



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HANDWASHING

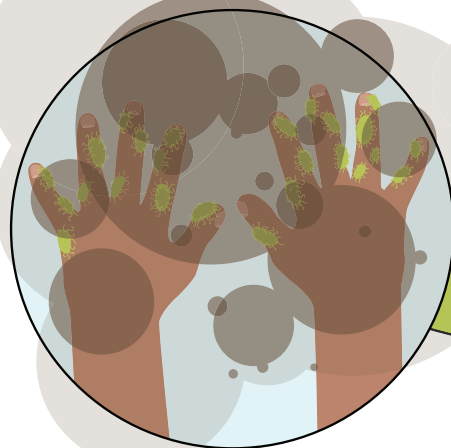
is your superpower!



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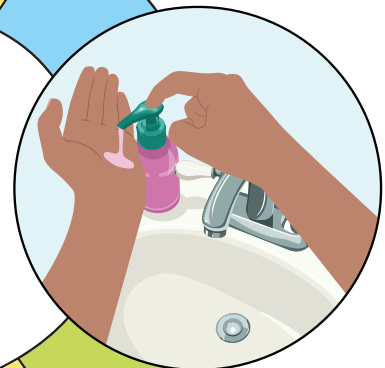
Wash Your Hands!



Dirty!



Wet



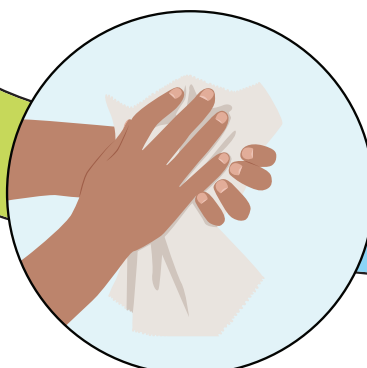
Get Soap



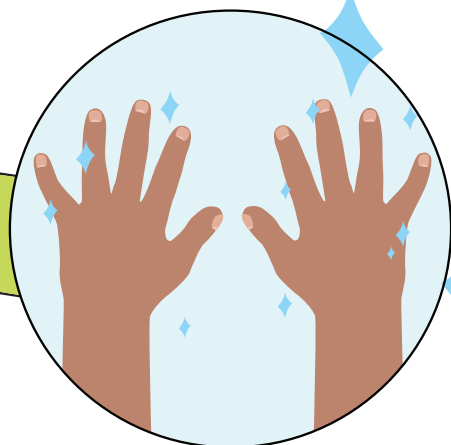
Scrub



Rinse



Dry



Clean!

www.cdc.gov/handwashing

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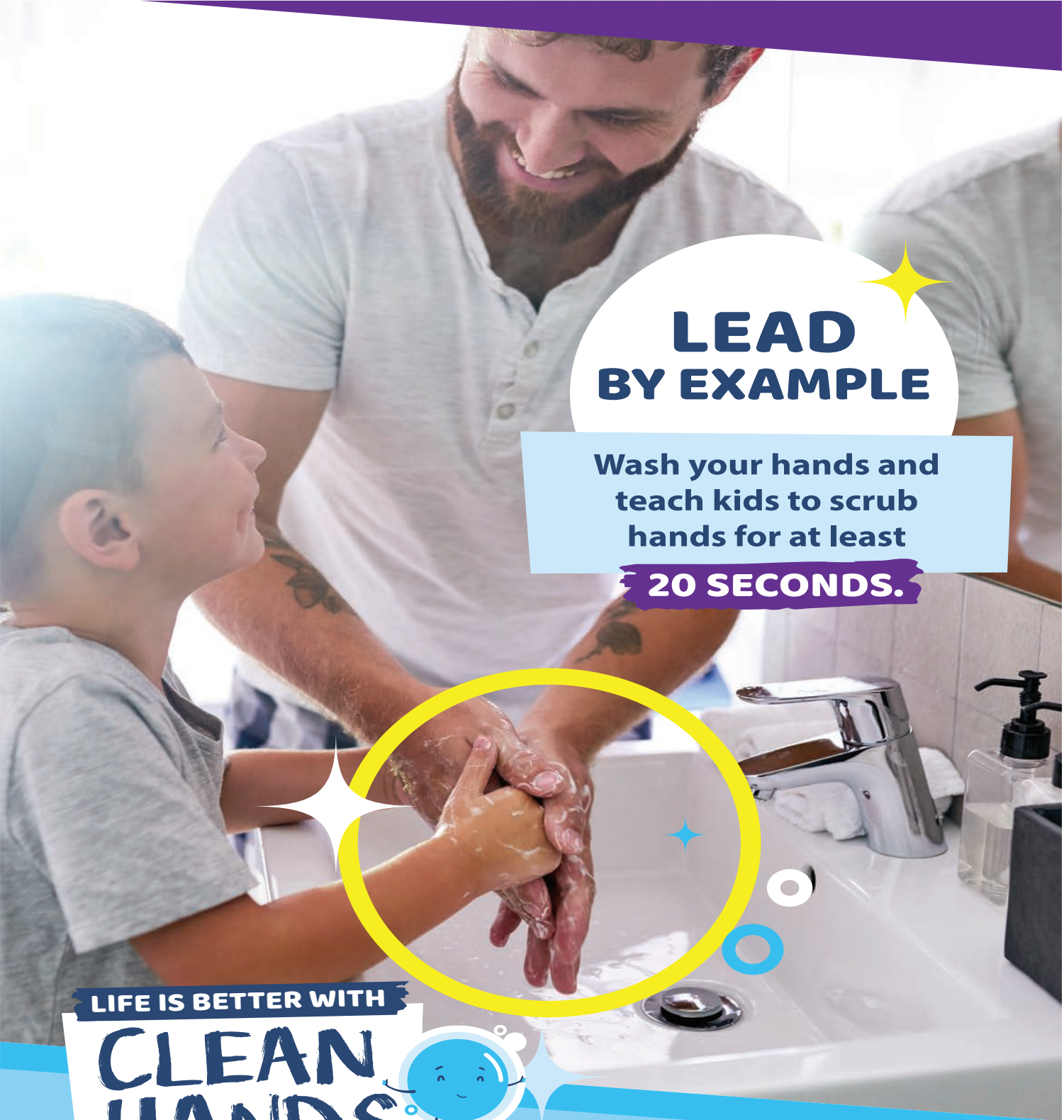


Everyone **loves** to have
clean hands!

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LEAD BY EXAMPLE

Wash your hands and
teach kids to scrub
hands for at least
20 SECONDS.

LIFE IS BETTER WITH

**CLEAN
HANDS**



www.cdc.gov/handwashing

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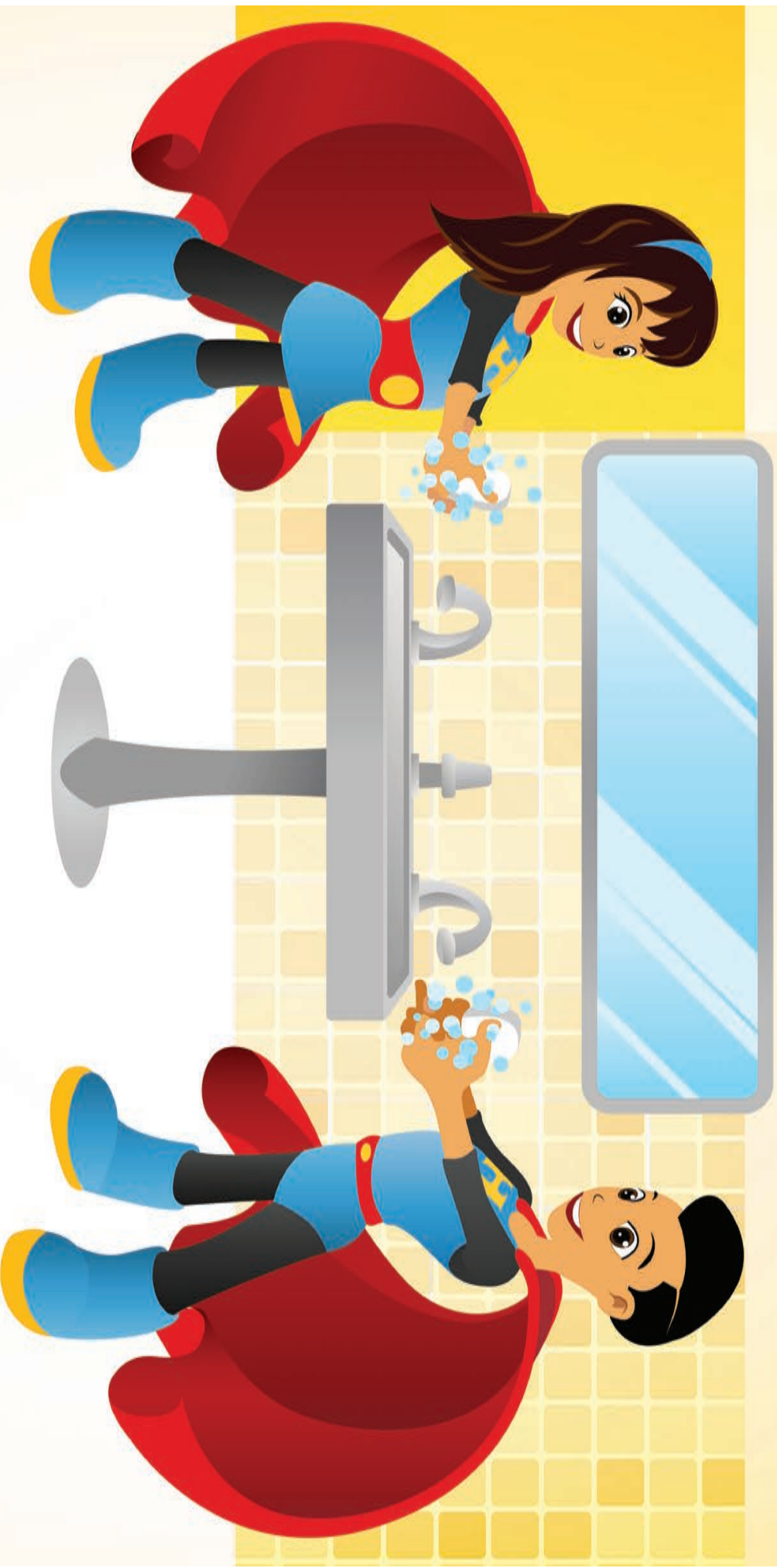


Do good;
Wash your hands!

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All superheroes love **clean hands!**

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