



Keep Maine Healthy Health Ambassador

MODULE TWO: COVID-19 AWARENESS

Module Two

In module two of your **Health Ambassador** training, you will be looking at Covid-19 symptoms and healthy best practices.

What is Covid-19?

COVID-19 is a novel (new) coronavirus which was first detected in December 2019 in Wuhan City, Hubei Province, China and has now been detected in other countries, including the United States.

- ▶ For some, the respiratory virus causes mild symptoms like the common cold or influenza (flu), for others it can cause severe pneumonia that requires medical care or hospitalization.
- ▶ The virus is named "SARS-CoV-2" and the disease it causes is named "coronavirus disease 2019" (abbreviated "COVID-19").
- ▶ A vaccine is in production and should be available to the public in 2021.

Covid-19 Symptoms

People with these symptoms or combinations of symptoms **may** have COVID-19:

- ▶ Cough
- ▶ Shortness of breath or difficulty breathing
- ▶ Fever
- ▶ Chills
- ▶ Repeated shaking with chills
- ▶ Muscle pain
- ▶ Headache
- ▶ Sore throat
- ▶ New loss of taste or smell

Symptoms continued

Covid-19 Symptoms may appear 2-14 days after exposure.

Most patients experience mild symptoms and can recuperate at home, but others, particularly those with underlying medical conditions, may experience more severe respiratory illness

How does Covid-19 Spread?

The virus appears to spread in similar ways to influenza (flu) and the common cold. This may include spreading through:

- ▶ The air by coughing and sneezing
- ▶ Close personal contact, such as touching or shaking hands
- ▶ Touching an object or surface with the virus on it, then touching your mouth, nose, or eye.
- ▶ The virus can spread from person-to-person and through community spread. This means some people are infected and are not sure how or where they became infected.

Preventing the spread of Covid-19

There are simple steps you can take to reduce the possible spread of COVID-19 and other illnesses such as influenza and the common cold:

- ▶ Wash your hands often with soap and water for at least 20 seconds or use alcohol-based hand sanitizer. The CDC recommends using ABHR with greater than 60% ethanol or 70% isopropanol
- ▶ Avoid close contact with people who are sick
- ▶ Avoid touching your eyes, nose, and mouth with unwashed hands
- ▶ Stay home while you're sick and avoid close contact with others

Preventing the spread of Covid-19

To keep Maine's economy open, people must wear cloth face coverings in public settings regardless of the ability to social distance.

- ▶ Cloth face coverings should fit snugly, but comfortably, against the side of the face; use ties or ear loops to secure it in place; include multiple layers of fabric; and allow for breathing without restriction.
- ▶ However, children younger than 2 years old and others who cannot remove a cloth face covering by themselves should not wear them. Also, some people may find cloth face covers to be difficult to tolerate for extended periods of time. Therefore, this information sheet offers guidance on what to do in these situations.
- ▶ A cloth face covering protects others by stopping your large respiratory droplets moving out into the air and is the **BEST** choice for “source control.”

Preventing the spread of Covid-19

There are individuals, due to physical restrictions, are not able to wear or tolerated cloth face coverings.

For these individuals to reduce the spread of Covid-19 they should:

- ▶ Cover your cough/sneeze with a tissue, and wash or sanitize your hands after disposing of the tissue.

or

- ▶ Cough/sneeze into your sleeve, and try not to touch that area of your sleeve.

Preventing the spread of Covid-19

Limiting face-to-face contact with others is the **best way to reduce the spread** of COVID-19.

Social distancing, also called “physical distancing,” means keeping space between yourself and other people outside of your home.

To practice social or physical distancing stay at least **6 feet** (about 2 arms’ length) from other people.

Preventing the spread of Covid-19

In addition to everyday steps to prevent COVID-19, keeping space between you and others is one of the best tools we have to avoid being exposed to this virus and slowing its spread locally and across the country and world.

Limit close contact with others outside your household in indoor and outdoor spaces. Since people can spread the virus before they know they are sick, it is important to stay away from others when possible, even if you—or they—have no symptoms. Social distancing is especially important for people who are at higher risk for severe illness from COVID-19.

Cleaning of facemasks

You can include your face covering with your regular laundry.

Use regular laundry detergent and the warmest appropriate water setting for the cloth used to make the face covering.

Cleaning of facemasks

You can also wash your facemasks by hand:

Prepare a bleach solution by mixing:

- ▶ 5 tablespoons (1/3rd cup) household bleach per gallon of room temperature water or
- ▶ 4 teaspoons household bleach per quart of room temperature water
- ▶ Check the label to see if your bleach is intended for disinfection. Some bleach products, such as those designed for safe use on colored clothing, may not be suitable for disinfection. Ensure the bleach product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser.
- ▶ Soak the face covering in the bleach solution for 5 minutes.
- ▶ Rinse thoroughly with cool or room temperature water.

Cleaning of facemasks

Cloth face coverings are an additional step to help slow the spread of COVID-19 when combined with every day preventive actions and social distancing in public settings.

Cloth face coverings should be washed after each use. It is important to always remove face coverings correctly and wash your hands after handling or touching a used face covering.

Cleaning of facemasks

You can dry your clean facemasks in a dryer or allow them to air dry

- ▶ In a dryer, use the highest heat setting and leave in the dryer until completely dry.
- ▶ If air drying, lay the facemask flat and allow to completely dry. If possible, place the cloth face covering in direct sunlight.

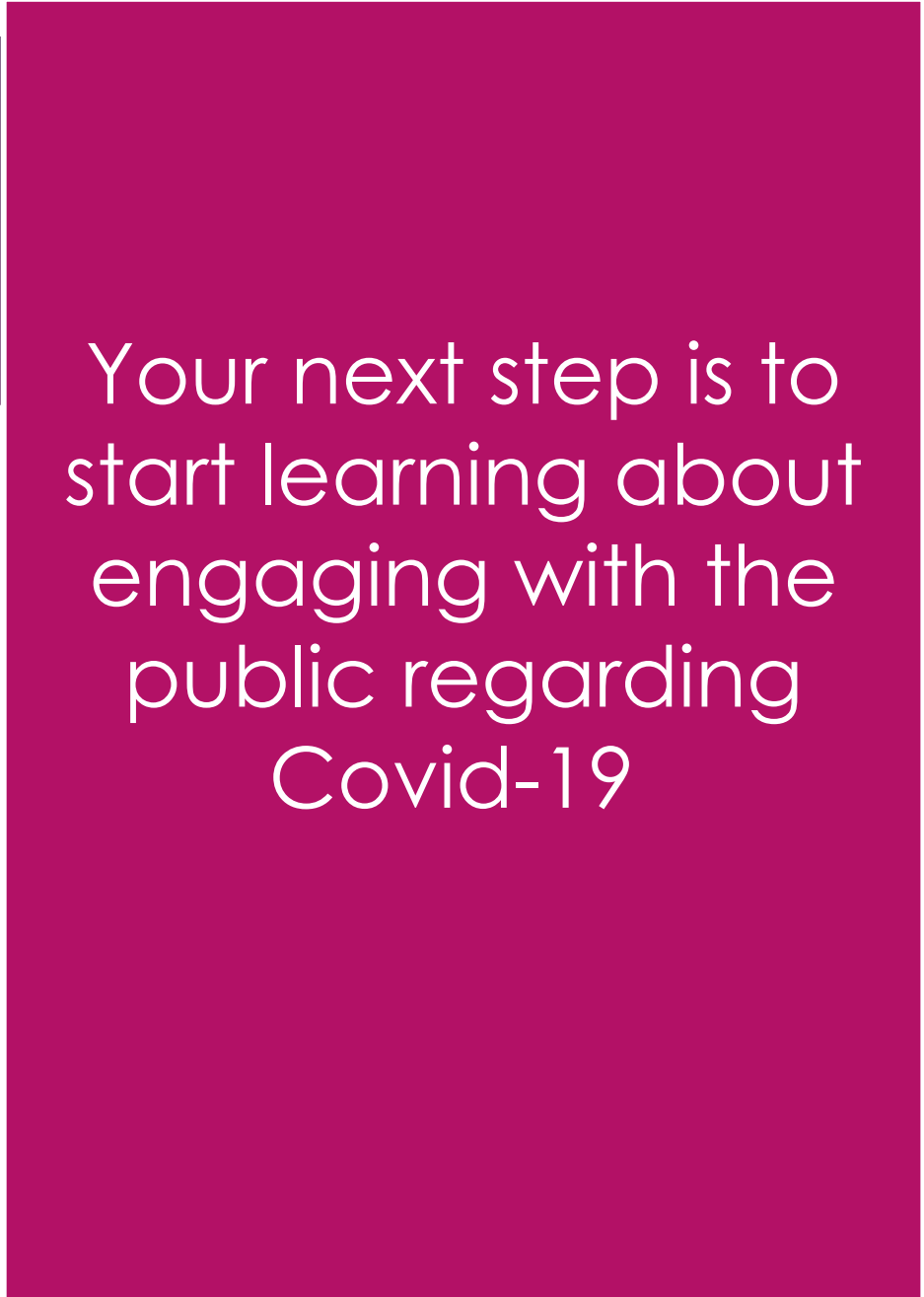
What if I have symptoms?

- ▶ Contact your Keep Maine Healthy - Health Ambassador Supervisor
- ▶ Call ahead to a health care professional if you develop a fever and symptoms of respiratory illness, such as cough or difficulty breathing.
- ▶ Tell your health care professional about any recent contact with other COVID-19 cases.
- ▶ Your healthcare professional will work with Maine CDC to determine if you need to be tested for COVID-19.



Congratulations!

You made it to the end of the session for Health Ambassador Covid-19 Awareness.



Your next step is to start learning about engaging with the public regarding Covid-19