



WNOC-RRCC

Washington and Northern Orange Counties
Regional Response Command Center

Ensure Health and Wellness • Support Vulnerable Populations • Reduce Hospital Surge

Protecting Yourself and Others from Coronavirus Disease

April 11, 2020

How to Protect Yourself

Older adults and people who have severe underlying medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness.

Know How it Spreads



- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- **The best way to prevent illness is to avoid being exposed to this virus.**
- The virus is thought to spread mainly from person-to-person.
 - 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.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

Everyone Should



Clean your hands often

- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing. Follow [proper technique](#).
- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together following [proper technique](#) until they feel dry.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.



Avoid close contact

- **Avoid close contact** with people who are sick.
- **Stay at home as much as possible**
- **Put distance between yourself and other people.** Remember that some people without symptoms may be able to spread the virus. Keeping distance from others is especially important for [people who are at higher risk of getting very sick](#).



Cover your mouth and nose with a cloth face cover when around others

- You could spread COVID-19 to others even if you do not feel sick.
 - Everyone should wear a cloth face cover when they have to go out in public, for example to the grocery store or to pick up other necessities. Use [good technique](#) in putting on and removing your face covering.
- Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
 - The cloth face cover is meant to protect other people in case you are infected.
 - Do not touch their eyes, nose, and mouth when removing their face covering and wash hands immediately after removing.
 - Wash your cloth mask routinely in the washing machine.
 - Do NOT use a facemask meant for a healthcare worker.

Continue to keep about 6 feet between yourself and others. The cloth face cover is not a substitute for social distancing.



Cover coughs and sneezes

- **If you are in a private setting and do not have on your cloth face covering, remember to cover your mouth and nose with a tissue when you cough or sneeze** or use the inside of your elbow.
- **Throw used tissues** in the trash.
- Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.



Clean and disinfect

- **Clean AND disinfect frequently touched surfaces daily.** This includes tables, doorknobs, light switches, cell phones, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- **If surfaces are dirty, clean them:** Use detergent or soap and water prior to disinfection.

To disinfect:

Most common EPA-registered household disinfectants will work. Use disinfectants appropriate for the surface.

Options include:

- **Diluting your household bleach.**

To make a bleach solution, mix:

- 5 tablespoons (1/3rd cup) bleach per gallon of water
OR
- 1 teaspoon bleach per cup of water

Follow manufacturer's instructions for application and proper ventilation. Check to ensure the product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser. Make fresh bleach solution every day.

Alcohol solutions.

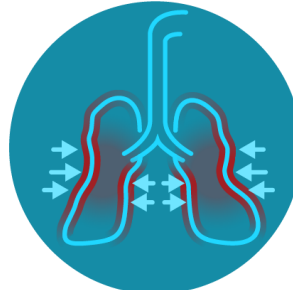
Ensure solution has at least 70% alcohol.

Watch for symptoms

Reported illnesses have ranged from mild symptoms to severe illness and death for confirmed coronavirus disease 2019 (COVID-19) cases.

These symptoms may appear 2-14 days after exposure.

- Fever
- Cough
- Shortness of breath



When to Seek Medical Attention

If you develop emergency warning signs for COVID-19 get medical attention immediately.

Emergency warning signs include*:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

Links to Guidance on Proper Techniques

- ✓ [Poster](#) and [Video](#) on cleaning your hands with soap and water
- ✓ [Poster](#) and [Video](#) on cleaning your hands with hand sanitizer
- ✓ [Video](#) on putting on and removing cloth face cover

Equipment and Supplies Checklist

- ✓ Hand sanitizer
- ✓ Disinfectant and cloth rag or paper towels
- ✓ Cloth face cover (not N95 medical or surgical masks)
- ✓ Tissues

Source

CDC - <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>,
<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

About WNOG-RRCC

WNOG-RRCC (Washington and Northern Orange Counties Regional Response Command Center) is a unified regional response of local social service organizations from THRIVE, Central Vermont's Accountable Community for Health group, led by Capstone Community Action, Downstreet Housing, and Community Development, and the Vermont Department of Health.

WNOG-RRCC was formed to assist and accelerate local and state efforts to respond to the COVID-19 pandemic. So much great work is being done in every community at every level, and WNOG-RRCC was established to support these efforts and help maximize results.

Our mission is to address the needs of the most vulnerable, reduce the medical surge and flatten the curve, and to support and be an ally to state and local efforts.

We are providing non-critical, but essential services to the state, municipalities, organizations, volunteer groups, and individuals in need, including but not limited to, providing or securing food, shelter, information, medical supplies, transportation, volunteers, etc.

Our region of focus mirrors Central Vermont Medical Center's service area which includes Washington County & the Northeast region of Orange County, including the communities of Brookfield, Orange, Washington, and Williamstown.