

Pandemic Preparedness Coronavirus

First and foremost, relax and think about what you are thinking about. The media is driving a frenzy because it ups their ratings. Every headline is covered with fear tactics and it is far from necessary, but it does pay to be cautious.

Symptoms

- Flu-like symptoms indicate illness
- Cough, fever, nausea, vomiting, achiness and chills
- If you are sick, stay home and away from crowds
- Avoid direct contact with others
- Contact your physician



Keep on Hand

- Thermometers to check for fever
- Fever reducers (Ibuprofen, Tylenol, etc.)
- Plenty of fluids
- Fill all your prescriptions as soon as possible



Practices

- Practice good hygiene by washing your hands (20 seconds) frequently
- Stay away from anyone who is coughing or sneezing because this is how airborne bacteria or viruses are spread



Cleaning

- Some viruses can live up to 9 days on hard surfaces
- Bleach wipes or bleach solution (one-part bleach to 10-parts water) is good for 24-hours when used for wiping down objects. Clean gross contamination before using bleach solution to decontaminate
- Lysol or Microban spray is helpful for up to 24-hours



In the Future

We will look back on this virus shortly and see that it is not the death threat the media has made it out to be. Educate yourself on the symptoms, cleaning practices and preparation. See you on the other side of this event.