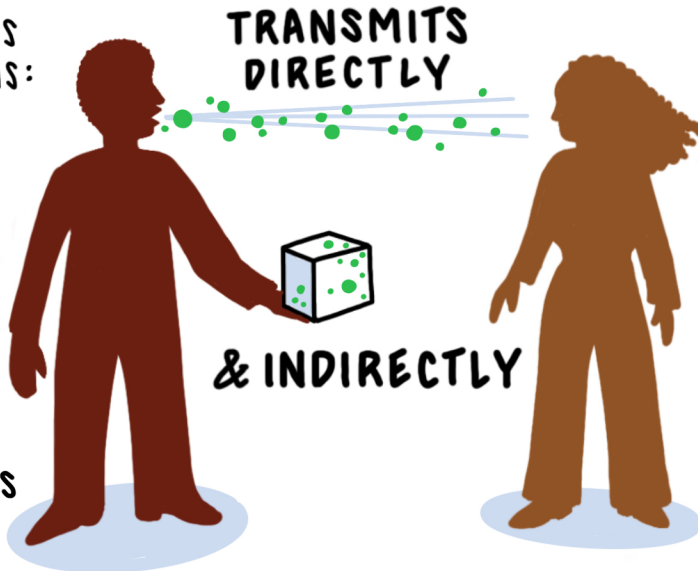


CORONAVIRUS: PREVENTION IS KEY

Shanina Knighton PhD RN

A RESPIRATORY ILLNESS WITH SYMPTOMS SUCH AS:

- FEVER
- HEADACHES
- FATIGUE
- COUGH
- BLOOD CLOTS
- STROKE
- NEW LOSS OF SMELL OR TASTE
- MUSCLE/BODY ACHES
- DIFFICULTY BREATHING



IF YOU FEEL OFF...
STAND UP AND SPEAK OUT FOR YOURSELF

KEEP UP WITH YOUR MEDICAL APPOINTMENTS & MEDICATIONS

SYMPTOMS OR NO SYMPTOMS- COVID-19 CAN CAUSE HOSPITALIZATION OR DEATH

MEDICAL CONDITIONS, LIKE ASTHMAS OR OBESITY, CAN INCREASE YOUR RISK OF DEATH FROM COVID-19

★ HAND WASHING

KILLS THE VIRUS WHEN DONE RIGHT



WASH WITH SOAP FOR 25 SECONDS

SING HAPPY BIRTHDAY SONG TWICE

MAKE SURE TO WASH UNDER JEWELRY, WATCHES & FINGERNAILS



USE A TOOTHBRUSH YOU DEDICATE FOR THIS TASK

DEFEND YOURSELF



★ AVOID TOUCHING YOUR FACE

VIRUSES ENTER OUR BODIES THROUGH OUR EYES, NOSE & MOUTH

★ KEEP SURFACES CLEAN

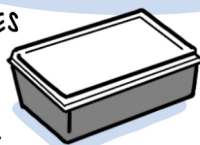
COVID-19 CAN LIVE ON SURFACES LIKE CARDBOARD, PLASTIC & METAL FOR 3 DAYS

WIPE DOWN

PHONES



MEDICAL EQUIPMENT



TAKE OUT CONTAINERS

COVID-19 CAN LIVE ON BUTTONS & ZIPPERS



FACE MASKS

CAN HELP STOP THE SPREAD OF DROPLETS FROM COUGHS AND SNEEZES

★ STILL USE SNEEZE & COUGH ETIQUETTE WHEN WEARING A MASK