



Covid-19 Safety Tips

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What is the Coronavirus?

It is a common misconception that COVID-19 and coronavirus is the same thing. In reality they are different. Coronaviruses are a large family of viruses which can cause illness to humans and animals. Coronaviruses in humans are greatly known for causing infections in the respiratory system. These infections could range from just a common cold to more severe illnesses such as MERS (Middle East Respiratory Syndrome) SARS (Severe Acute Respiratory Syndrome) and lastly the the most recently discovered coronaviruses causes COVID-19.

What is COVID- 19?

- COVID-19 is an infectious disease caused by the recently discovered coronavirus. This new virus was unknown before the outbreak which occurred in Wuhan China in December 2019. It is now a global pandemic.

How does COVID-19 spread?

- The virus can spread from person to person, specifically when an individual sneezes, coughs, or speaks. When a person does one of these three things droplets from the nose or mouth. These droplets can be breathed in or can land on you. These droplets can also land on surfaces such as doorknobs, tables and handrails. People can infect themselves by touching these objects, then proceed to touch their eyes, face and mouth.

Is there currently a Vaccine for COVID-19

- As of now, no Vaccine has been developed to help protect people from COVID-19. This means that we must take extra measures to protect ourselves and others.

How can we protect
ourselves and others during
this global pandemic?

Self Isolate

- This is the best thing to do during this unfortunate situation. Staying home makes sure that you are safe from the virus. This also protects others from contracting the virus from you.
- This applies especially if you feel sick. If you feel unwell and sick, you should most definitely remain at home.
- You are allowed to leave the house for things that are absolutely essential (grocery shopping, work, exercise, family emergencies etc.)



Wash your hands often

As stated before the virus can spread through surfaces.

Amount of days the virus can live on specific surfaces:

- Metal: 5 days
- Wood: 4 days
- Plastics: 2-3 days
- Stainless steel: 2-3 days
- Cardboard: 24 hours
- Copper: 4 hours
- Aluminum: 2-8 hours
- Glass: 5 days
- Paper: time varies. A few minutes-5 days

This being said, the best way to make sure you are safe from the virus if you have come in contact with it is to wash your hands using soap and water or alcohol based hand rub



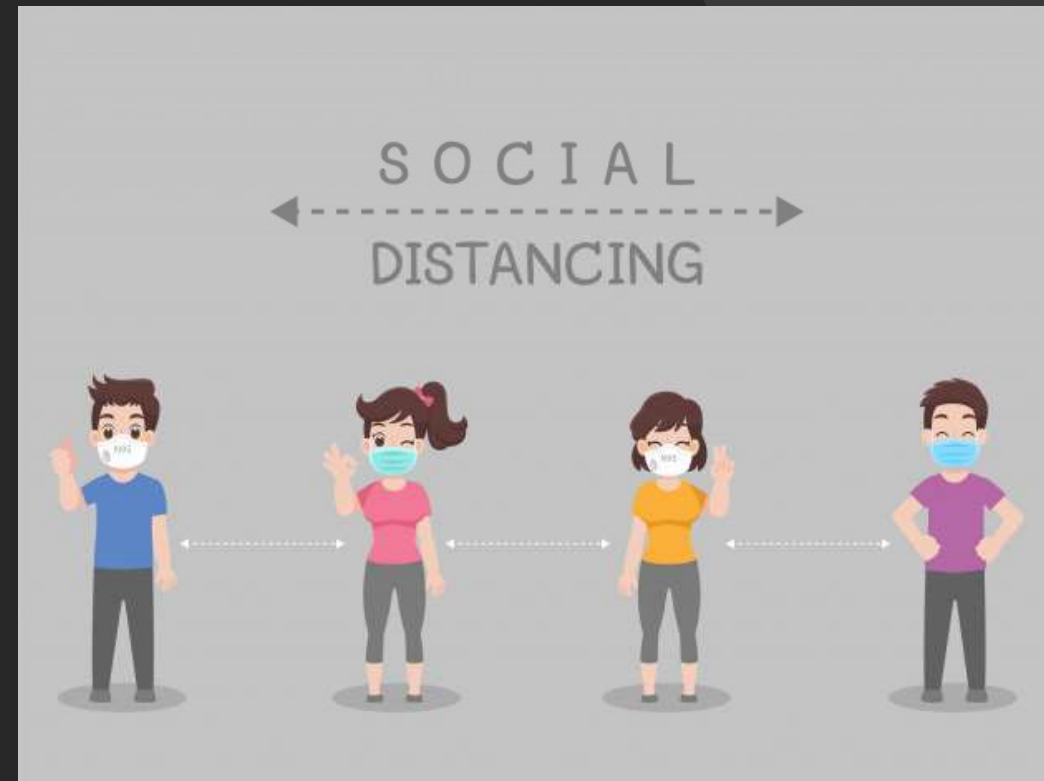
Wear Protective Gear

- If it is essential for you to leave your home, it is essential that you use the right protective gear. This includes a medical mask and gloves
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Keep a distance from other individuals

- As stated previously, the virus can spread from person to person from droplets from the nose and mouth that come from when a person sneezes, coughs or speaks. These droplets can land on you which is why we must keep a distance from each other. To put this in perspective:
- Coughing: spreads as far as **6 meters**
- Sneezing: As far as **18 meters**
- These droplets can last in the air for as long as **10 minutes**



KEEP YOURSELF AND
OTHERS SAFE!

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