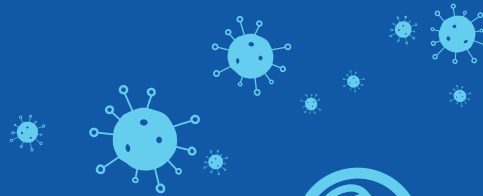


Hand hygiene and care

“Lather” is the best medicine



1 Use soap and water when washing your hands

2 Scrub and rub your entire hand, front and back for at least 20 seconds (sing “Happy Birthday” 2x)

3 Rinse off with water

4 Dry off with a clean towel and turn off the sink with the towel

5 Moisturize!
Dry, cracked skin can let in other germs



COVID-19

Signs and symptoms



The incubation period can last from **2-14 days** before symptoms appear.

Cough

Fever

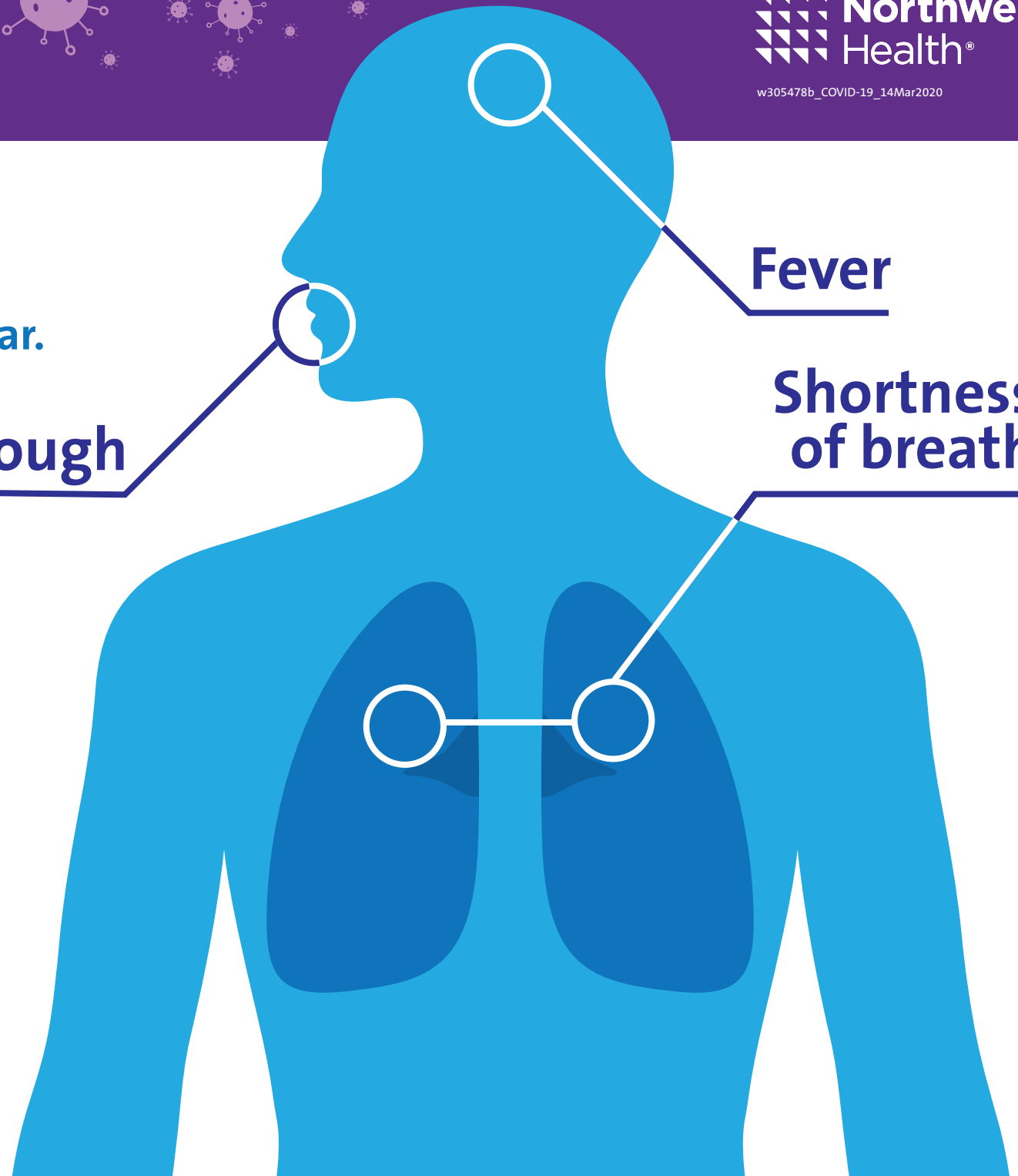
Shortness of breath

Alert your doctor by phone if you:

1. Develop these symptoms
2. Have come in close contact with someone with COVID-19
3. Have recently traveled from an area experiencing an outbreak

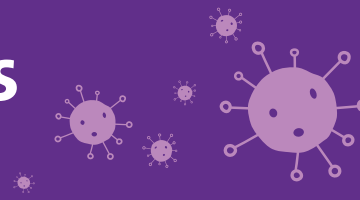
Depending on your case, you may be asked to stay home and rest, or come in for testing

Learn more at [Northwell.edu/coronavirus-covid-19](https://www.northwell.edu/coronavirus-covid-19)



How to cover coughs and sneezes

Take these steps to keep germs at bay



It's no issue— use a tissue

Cover your mouth and nose with a tissue. No tissue on hand? The inside of your elbow will do.



Throw it all away

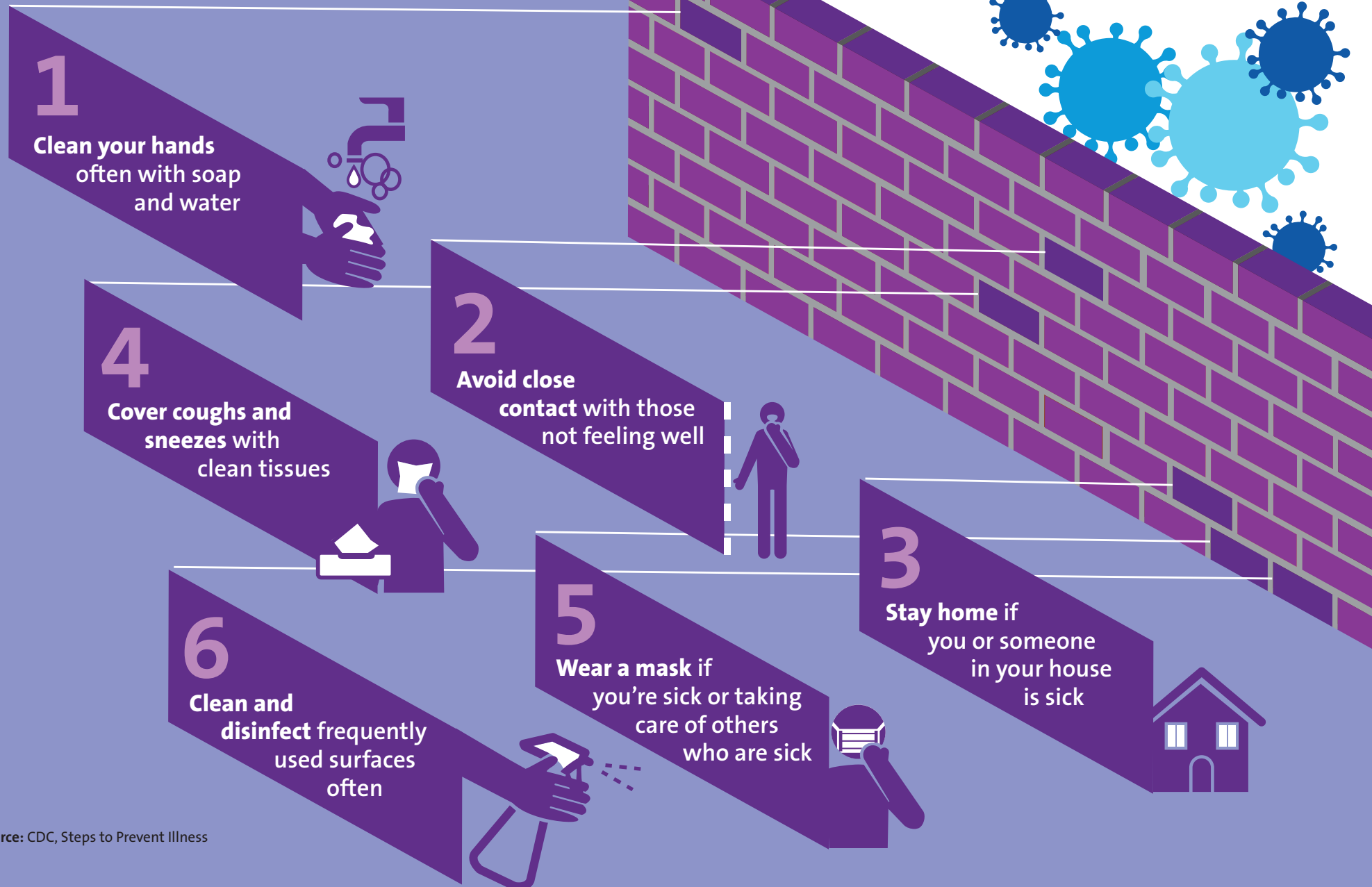
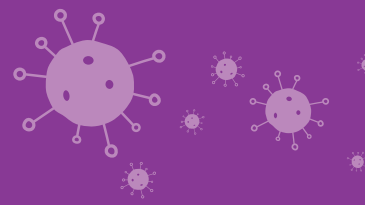
Dispose of used tissues by throwing them away in the trash.



Stay soapy (as much as you can)

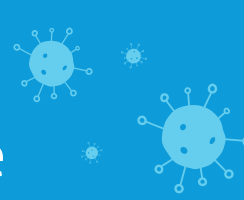
Wash your hands with soap and water for at least 20 seconds. If soap and water are not available, use hand sanitizer that contains at least 60% alcohol.

6 ways you can help prevent the spread of COVID-19



COVID-19: Crowds and travel tips

Reducing your risk means reducing exposure



Avoid crowds where possible

Especially in poorly ventilated spaces. Your risk of infection may increase if anyone in the crowd is sick.



RSVP no

Reconsider attending public events such as concerts, conventions or festivals. You may also want to kindly opt out of weddings, funerals or birthday parties if you or other guests are at risk.

Stay clear of airports and mass transit when able

Crowded travel settings may increase your risk. See if working remotely is possible.

Sources:

CDC, People at Risk for Serious Illness from COVID-19
CDC, Coronavirus Disease 2019 Information for Travel

Be aware of
COVID-19 hotspots
Consult CDC guidelines on international travel.



If you must travel, ask yourself:

- Is COVID-19 spreading where you're going?
- Will traveling require you to take time off from work or school once you return?
- Are you at a higher risk of contracting the disease?

PASSPORT

The dos and don'ts of Coronavirus prevention



The Dos



Do observe good personal hygiene

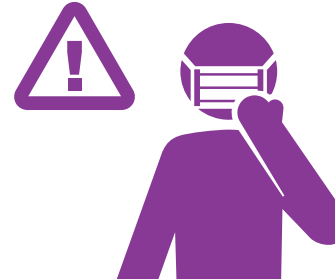


Do educate yourself on the symptoms



Do clean and disinfect frequently touched surfaces

The Don'ts



Don't wear a mask if you aren't sick



Don't touch your face or eyes



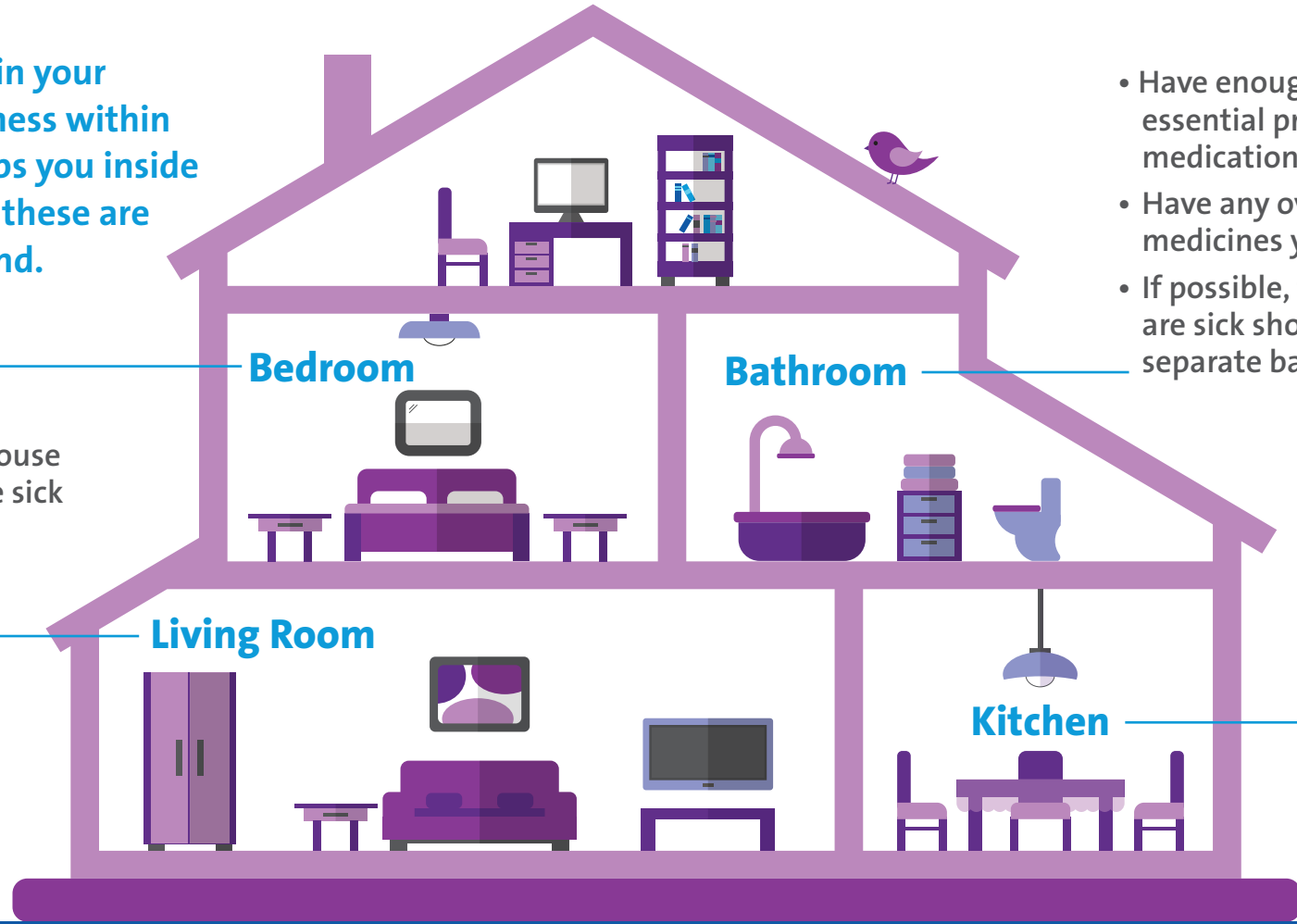
Don't be in crowded places for long periods of time

COVID-19

How to prepare your home

In case an outbreak in your community or an illness within your own home keeps you inside for a period of time, these are things to keep in mind.

- Stay in and rest if you feel sick
- Choose a room in the house where you can separate sick family members from healthy ones

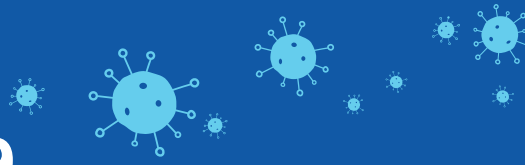


- Have enough of your essential prescription medications available
- Have any over-the-counter medicines you may need
- If possible, those who are sick should use a separate bathroom

- Clean frequently touched surfaces like light switches, door knobs, countertops, etc.

- Make sure you have enough food for a couple of weeks
- Avoid over-buying – others in your community need these items as well!

How Northwell is taking on COVID-19



72,000 of us are working to help
keep you safe, informed and ready.

Testing, testing 1, 2, 3

We've begun semi-automated testing for COVID-19, allowing us to process hundreds of samples a day.

Ready for action

Our Emergency Operations Center lets us monitor and address the disease from one centralized location and respond to the needs of Northwell's hospitals and outpatient facilities.

In the know

Our Coronavirus Digital Resource Center is your go-to page for everything COVID-19. Read our FAQs, find useful articles, learn about our latest efforts and more at [Northwell.edu/coronavirus-covid-19](https://www.northwell.edu/coronavirus-covid-19)

Helping and healing

Our expert staff is prepared and specially trained to safely identify and treat patients who test positive.

Cleaning, disinfecting, sterilizing

Become a mean, clean coronavirus-fighting machine



Cleaning

Removes germs, dirt, impurities from surfaces. It doesn't kill germs, but taking them away can reduce their spread.

Disinfecting

Kills germs on surfaces with the use of chemicals. It's not the same as removing germs and should be done after cleaning.

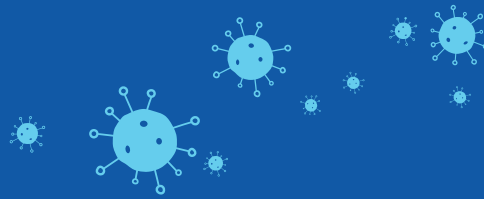
Sterilizing

Destroys microorganisms on surfaces and in fluids, which can be done through high heat and steam.

- **Clean and disinfect frequently touched household and office surfaces**
- **Cleaning with a detergent or soap and water should be done before disinfecting**
- **Wear disposable gloves when cleaning and disinfecting and throw away afterwards**

COVID-19

Risk factors and prevention



**Some people are at higher risk than others,
but taking everyday precautions can help keep them safe**



Who is at risk?

- Older adults
- People with serious chronic medical conditions like diabetes, lung disease, heart disease, cancer and weakened immune systems

Ways to protect yourself

- Clean your hands often
- Stay home
- Don't travel
- Avoid close contact with people who are sick
- Keep distance from infected people (over 6 feet)

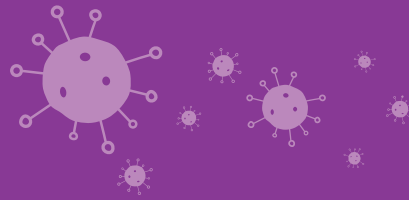
Sources:

CDC, Steps to Prevent Illness

CDC, People at Risk for Serious Illness from COVID-19

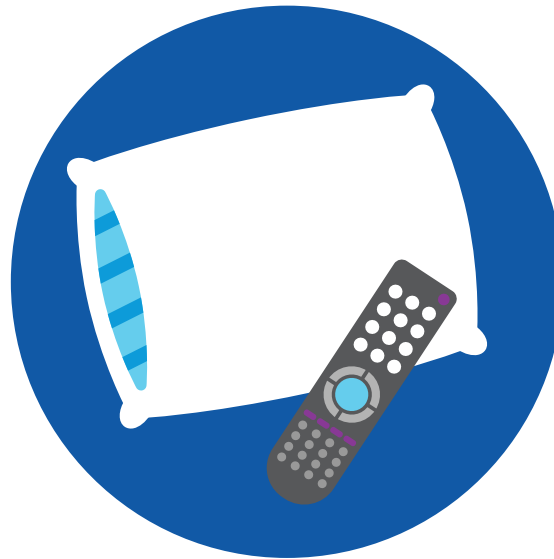
Feel sick?

Follow these 3 C's



Call in

If you have work or someplace to be, tell your boss, family and friends by phone that you're staying in.



Cozy up

Get rest and binge-watch your favorite shows. If your symptoms persist or worsen, call (don't visit) your doctor.



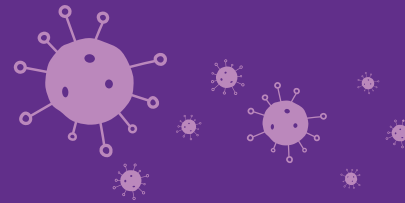
Clear liquids

Staying hydrated with water, tea, broth, sports drinks and other clear, non-alcoholic liquids is essential.

Depending on your symptoms, your doctor may recommend testing for COVID-19. If you test positive, you will need to self-isolate at home if symptoms are mild or else receive medical care at a hospital.

Isolation vs. quarantine

Understanding the difference



Isolation

For people who are sick

- Separates people infected with diseases like COVID-19 from those who are not
- Restricts movement of sick people to avoid spread of the illness
- Keeps people out of the public until the risk of transmission to others is low



Quarantine

For people who are not sick, but may have been exposed

- Restricts movement of people to monitor symptoms for early detection
- Prevents the spread of infection or contamination
- Should be communicated with clear guidelines from the authorities

COVID-19

Your chances of catching it



Medium risk

- 10 minutes or more of close contact within 6 feet of someone who's symptomatic
- Caring for someone who has COVID-19 while consistently using recommended precautions

Low risk

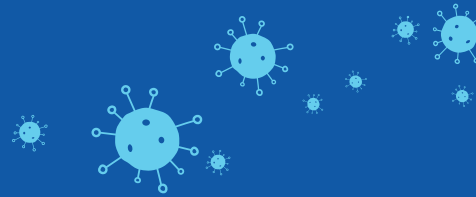
Being in the same room with a confirmed case of COVID-19, but more than 6 feet away


































High risk

- Close contact at home with someone who's tested positive
- Caring for someone who has COVID-19 while not using recommended precautions

COVID-19, flu or cold

Check your symptoms to find out



Symptoms	 Coronavirus	 Flu	 Cold
 Fever	 Common	 Common	Rarely
 Fatigue	 Sometimes	 Sometimes	 Sometimes
 Cough	 Common (usually dry)	 Common (usually dry)	Mild
 Sneezing	No	No	 Common
 Aches & pains	 Sometimes	 Common	 Common
 Runny/ stuffy nose	Rarely	 Sometimes	 Common
 Sore throat	 Sometimes	 Sometimes	 Common
 Diarrhea	No	 Sometimes (for children)	No
 Headache	 Sometimes	 Common	Rarely
 Shortness of breath	 Sometimes	No	No

Crushing COVID-19



How protective measures can lower cases now and lessen the impact of the pandemic.

