

INFECTION PROTECTION STEPS

(For complete steps see video at <https://infectionprotection.twi-institute.com>)

Step 1 – WASH HANDS

- Use correct handwashing procedure
- Use soap and water, if soap and water unavailable use sanitizer (60%+ alcohol)
- Keep sanitizer and tissues with you

Step 2 – AVOID TOUCHING FACE

- Use clean tissue to scratch, rub or touch face

Step 3 – SOCIAL DISTANCING

- Keep six feet (two meters) from others
- Avoid crowds
- Don't share personal items (like water bottles)
- Avoid sick people or those with masks

Step 4 – CLEAN “HIGH-TOUCH” SURFACES

- Objects like cell phones transfer germs
- Clean often
- Keep cleaning spray and wipes readily available to clean surfaces and phones, etc.

Step 5 – STAY HEALTHY / STAY HOME IF SICK

- Sleep well, exercise, and avoid stress
- Use face mask only if sick; masks protect others not you
- Avoid doctor visits unless absolutely necessary

For more detailed instructions that you can use to teach your children and others, stick to your refrigerator or email to friends, visit: <https://infectionprotection.twi-institute.com> .

**AN OUNCE OF PREVENTION CAN PROTECT YOU,
YOUR FAMILY AND YOUR COMMUNITY**

INFECTION PROTECTION

CORONAVIRUS GUIDELINES

Planning for an outbreak of infection:

- Keep adequate supply of water, food, pet food and emergency supply of prescription drugs.
- Plan to care for people at higher risk
- Create emergency contact list: family members, friends, healthcare providers, employers, etc.
- Identify community organizations that can supply information, healthcare services, support and other resources
- Keep on hand a working thermometer and medications like decongestants, expectorants, and analgesics (ibuprofen)
- Ask employer's preparedness plans (e.g. sick-leave policies and telework options)
- Plan for childcare should schools close
- Be prepared for cancellation or disruptions of public transportation



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