

COVID-19

What can I do?

First and foremost: even if you are by yourself, you are not alone. We are all in this together.

1. Keep informed:

- a. The US Centers for Disease Control and Prevention is the most authoritative source for up to date information. Their website is:
<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>
- b. UpToDate is an excellent resource with a free public education portal:
https://www.uptodate.com/contents/coronavirus-disease-2019-covid-19-the-basics?topicRef=126981&source=see_link
- c. Do not base your actions on social media reports or the advice of amateurs.
 - i. There are many unscrupulous people who will try to prey on us through confusion, chaos, or profiting through panic.
 - ii. Do not open social media links or attachments touting COVID-19 treatments, cures, or tests. These are being used for identity theft.

2. Network with your neighbors: We're all in this together.

- a. Participate in the Neighborhood Support Teams on GRR.
 - i. Determine who will check on whom and who is available to shop for supplies for anyone who has to quarantine.
- b. Keep in contact with your neighbors, especially those who live alone.
- c. Let your NST know if you do become ill.
- d. Consider creating groups to communicate with each other by Facetime, Skype, Zoom, and other video conferencing applications. Book clubs, other clubs, and groups can still get together by this means.

3. Have a plan if you have to quarantine:

- a. Who is at greatest risk in your home?
- b. Be prepared to quarantine for 2 weeks: food and other supplies.
- c. Who will shop for you?
- d. Have an emergency contact list.
- e. What room(s) will you quarantine in?
- f. Have at least a 2-week supply if you are on medications.
- g. Have cleaning supplies, soap, dish soap, and laundry detergent on hand.
- h. Develop a home plan in case one person has to quarantine and the other becomes a caregiver.
 - i. If you live alone, contact neighbors to determine who will help and how.

4. Have a plan in case you become sick:

- a. Make a list:
 - i. List your medical problems and surgical history, medications, allergies and intolerances, medical providers, and contacts, especially next of kin or those with healthcare power of attorney.
 - ii. If you have an advance directive, have it available.

- iii. Put both of these either on your refrigerator or some other obvious place in case you need to call 911 for emergency medical care.
- iv. Use the My Medical History form on this website for this purpose.

5. Protect yourself and others:

- a. Wash your hands with soap and water for at least 20 seconds:
 - i. As soon as you get home.
 - ii. Before meals.
 - iii. After you cough, sneeze, or blow your nose.
- b. Use alcohol (60% or greater) hand sanitizer if soap and water are not readily available.
- c. Avoid touching your eyes, nose, and mouth with unwashed hands, especially in public. This is particularly important while or after shopping, dining out, or in social settings.
- d. Wear a fabric face mask whenever you are in a public indoor setting, such as shopping, at medical/dental offices, or in other public/commercial buildings. Wear this mask when social distancing may not always be possible outside the home.
- e. Avoid close contact with people who are sick.
- f. Practice Social Distancing:
 - 1. Keep at least 6 feet away from others outside your home when possible.
 - 2. Show your respect for others by not shaking their hands, kissing their cheeks, or hugging during greetings.
 - 3. Avoid crowds whenever possible and maintain distance when you can't.
- g. Clean and Disinfect:
 - 1. Use disinfecting wipes in your car.
 - 2. At home, use disinfecting sprays or cleaning solutions to wipe down commonly touched hard surfaces like doorknobs, remotes, counters, and bathrooms.
 - a. EPA-approved emerging pathogen disinfectants are found here: https://www.epa.gov/sites/production/files/2020-03/documents/sars-cov-2-list_03-03-2020.pdf
 - b. Dilute household bleach works well:
 - i. 1/3 cup in one gallon of water
 - ii. 4 teaspoons in one quart of water
 - iii. Never mix with ammonia!

6. Protect others: Don't share if you become ill:

- a. Stay home if you're sick with any COVID-19 symptoms:
 - 1. Do not go to the store when you are ill; have a friend shop for you.
 - 2. Do not go to parties or gatherings if you are sick.
 - 3. If your child is sick, keep them home from school.
- b. Wear a facemask at home if you become sick with COVID-19 symptoms:
 - i. When in the presence of other family members or caregivers.
 - ii. Before entering a medical facility.
 - iii. Before riding in a vehicle with others.
 - iv. If you have to call 911.

Contact GRRFD if you have questions: admin@grrfd.org.