



Tips For Prevention And Care During The Pandemic

What to do to prevent getting COVID-19

P	Protect Yourself	<ul style="list-style-type: none"> Wash hands for 20 seconds with soap and water. If soap and water are not available use hand sanitizer with at least 60% alcohol. Avoid touching your eyes, nose, or mouth. 	<ul style="list-style-type: none"> Clean high-touch surfaces (phones, counters, doorknobs, light switches, handles, TV and game remotes). Wear mask in public places. Avoid close contact with sick people.
R	Rest	Sleep at least 7 hours every night	
E	Exercise	Add walking to your routine. Build up to 30 minutes daily.	
V	Vitamins	<ul style="list-style-type: none"> D – 2000 IU every day (sit in sun 15 minutes daily) C – Women 75 mg and men 90 mg daily 	
E	Engage	Engage with others from a safe distance.	
N	Nutrition	Eat a rainbow of fresh fruits, vegetables, and lean meats. Avoid sugar. Some foods that boost your immune system: <ul style="list-style-type: none"> Oranges, strawberries, blueberries Red/green peppers, greens (collards, turnip greens), broccoli 	<ul style="list-style-type: none"> Chicken, salmon, tuna, hummus, nuts, seeds, seafood, low-fat red meats, eggs
T	Take Care of Yourself	<ul style="list-style-type: none"> Stop smoking. Use alcohol in moderation. Take your medicine as prescribed. 	<ul style="list-style-type: none"> Practice good hygiene (daily shower with soap, brush teeth twice daily).

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What to do if you are sick with COVID-19

P	Protect Others	<ul style="list-style-type: none"> Avoid public transportation. Stay home. Stay in room by yourself with a separate bathroom if possible. 	<ul style="list-style-type: none"> Wash hands for 20 seconds with soap & water. If soap & water are not available, use hand sanitizer with at least 60% alcohol. Throw used tissues in trash can. 	<ul style="list-style-type: none"> Clean high-touch surfaces with (phones, counters, doorknobs, light switches, handles, TV and game remotes). Do not share dishes, glasses, eating utensils, towels or bedding.
O	Observe Your Vital Signs	<p>Know when it's time to call 911:</p> <ul style="list-style-type: none"> Trouble breathing Pain or pressure in chest 	<ul style="list-style-type: none"> Confusion Inability to stay awake Blue lips or face 	
S	Sleep and Rest	Do not lay down all day. Sit in chair and deep breathe every 15 minutes while awake.		
I	Isolation	Stay in isolation until 10 days have passed since first symptoms appeared and you have been 72 hours without fever (without fever-reducing medication).		
T	Tylenol (Acetaminophen)	<p>For fever and aches/pains:</p> <ul style="list-style-type: none"> Dose: 325- 650 mg every 4 hours as needed. If you have liver disease contact Coweta Samaritan Clinic for directions. 		
I	Informed	Stay informed of the latest recommendations from the CDC .		
V	Vitamins and Minerals	<p>In addition to daily vitamins C and D:</p> <ul style="list-style-type: none"> Zinc - 50 mg daily Turmeric - 1000 mg daily Thiamine - 200 mg daily 		
E	Eat Healthy and Stay Hydrated	<p>Eat a rainbow of fresh fruits, vegetables, and lean meats. Avoid sugar. Some foods that boost your immune system:</p> <ul style="list-style-type: none"> Oranges, strawberries, blueberries Red/green peppers, greens (collards, turnip greens), broccoli 	<ul style="list-style-type: none"> Chicken, salmon, tuna, hummus, nuts, seeds, seafood, low-fat red meats, eggs 	