

# COVID-19: The New Normal



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We are experiencing a strange, new health challenge. With the spread of a coronavirus strain, called COVID-19, our daily lives are changing.

Because of these unusual times, the Centers for Disease Control and Prevention (CDC) are requesting that everyone use some new actions to slow down the spread of the virus.

**Follow Health Habits for Prevention of COVID-19.** Follow all known health habits like social distancing (avoiding close contact to others by at least 6 feet), hand washing (for at least 20 seconds with soap and hot water), not touching your face, nose, and mouth, and using tissues whenever you cough or sneeze. Practice additional health habits:

- Clean all surfaces that are touched often like counters, light switches, doorknobs, cell phones, and remote controls daily.
- Develop new hobbies/habits but stay connected with others through the phone and Internet.
- Stay healthy by eating and sleeping well.

**Plan with household members, family or friends, and neighbors.** Be sure your doctor's phone number is available for others. Call your doctor (or 911) before seeking medical treatment. Be sure to tell medical personnel if you think you have COVID-19.



- Stay up to date about local COVID-19 conditions.
- Make sure you have several weeks of medicines, food, and household supplies in case you must stay home for several weeks.
- Take care of your emotional health (and other household members).

**Review the symptoms of COVID-19.** Monitor any changes in health and keep notes to track changes. Know the emergency warning symptoms:

- **Fever.** Your temperature can vary .5 to 1.0 degree during the day. Average body temperature varies by person, but is usually between 97- and 99-degrees F. Take your temperature in the late afternoon and early evening to get the most accurate reading.
- **Dry cough and trouble breathing** or shortness of breath.
- **Persistent pain or pressure in chest**, confusion, and lethargy.
- **Other symptoms** include sneezing, runny nose, headaches, digestive issues, body aches, fatigue, and loss of smell or taste. If symptoms don't improve after a week, seek medical attention.



Clean and Disinfect most effectively by doing the following:



- Use household cleaning sprays or wipes according to the label instructions.
- Check expiration dates for Disinfectants and Bleach. Never mix household bleach with ammonia or any other household cleaners.
- Clean the area or item with soap and water or another detergent if it is dirty. Then, use a household disinfectant to clean further.
- ***To make a home bleach disinfectant solution, mix 5 tablespoons (1/3rd cup) bleach per gallon of water, or 4 teaspoons bleach per quart of water.***
- Wash hands (for at least 20 seconds) every time you have contact with possible infectious material even after disposable gloves are removed. Perform hand hygiene frequently if preparing food, using a restroom, have contact with animals, are exposed to sneezing or coughing, or have contact with someone sick.
- Use hand sanitizer if soap and water are not readily available. Make sure the hand sanitizer contains at least 60% isopropyl (rubbing) alcohol.

Covid-19 is riskier if you have health conditions like diabetes, asthma or lung disease, heart disease, or cancer. So, stay well and practice good health habits.



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Check out the CDC website. It has a special tab devoted to coronavirus developments and information.

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