

CORONA CARE GUIDE For Families

A comprehensive plan to protect
you and your family

For many of us, COVID-19 has disrupted our routines and made everyday activities, such as work and caring for loved ones, challenging. The Corona Care Guide provides information and resources to help you protect yourself, your family and those you love.



ABOUT
Coronavirus



What is **CORONAVIRUS**

COVID-19 is an infectious disease that is lethal, wildly contagious, and shares common symptoms as the flu. The reason it is so contagious is because it can live on surfaces for days and remain airborne for up to 3+ hours. This makes it easy for people to transmit the disease because all they have to do is walk into the same space as someone that had it in the past 3 hours, or touch a surface that was contaminated, and they can possibly contract it and pass it onto others, without realizing it, because the symptoms can take up to a month to reveal themselves. As a result, the virus can be contracted through contact with asymptomatic people that don't even realize they have it. Although COVID-19 has higher mortality rates with older people and those with underlying conditions, it does not discriminate in who gets it.

There are many healthcare and pharmaceutical industry leaders putting a lot of resources into finding a cure, and it's not a matter of if, it's a matter of when. In the meantime, we need to play our part by following the guidelines recommended by both the CDC and WHO, to slow the spread of the disease. This will help to lessen the strain on our healthcare system, so medical professionals can manage the inbound patients with COVID-19 in addition to all the other types of illnesses that they treat on a daily basis. At the same time, infrastructure is being built and supplies are being procured to increase the capacity of our hospitals to treat the rapidly increases cases of COVID-19, which experts believe will infect up to 70% of the U.S. population within a year's time.



What is **CORONAVIRUS** *(continued)*

How does it spread?

The virus is primarily spread through the air and by people touching surfaces and then touching their face. The virus can live for days on non-porous surfaces and up to 3 hours airborne.

What are the symptoms?

The symptoms are similar to the common flu: dry cough, fever & sore throat. Additional symptoms include shortness of breath and tightness in the chest.

What are the effects?

Approximately 80% of those affected have flu-like symptoms for about 2 weeks. Some have more mild symptoms, while others can be much worse. The biggest blind spot is that approximately 20% of infected people will get pneumonia, which can lead to an infectious lung disease. This lung disease could cause them 3-6 months of hospitalization, and another 3 months of rehab just to feel normal again. Some of those patients are left with scar tissue in their lungs that will impede their breathing for the rest of their lives. Finally, 2%-8% of people that contract the disease die from it. The wide range is because of the different approaches different nations have taken.

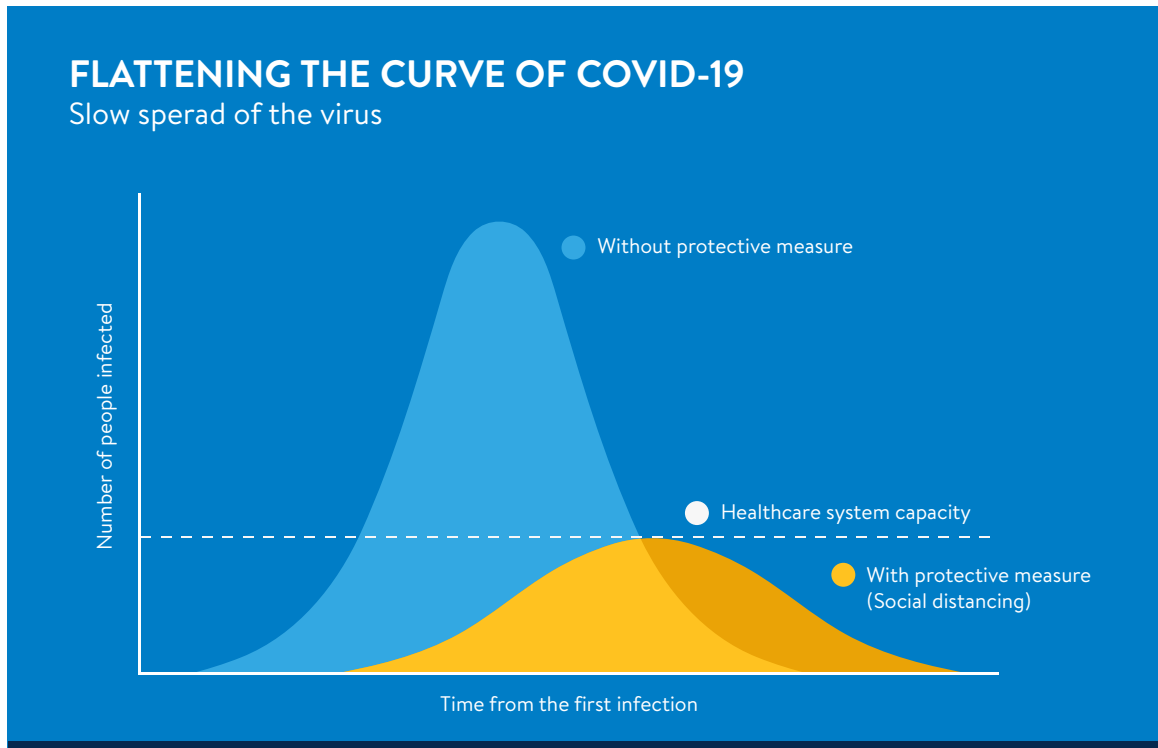
For example, Asia has the lowest death rate due to mandatory quarantining and Italy has the highest because their population didn't listen to the guidance given and the population tilts older than the other nations.



Protective measures

RISK FACTORS

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



The rapid spread of COVID-19, if left unimpeded, would spike the demand for hospital beds, respirators, and other medical supplies that are necessary in keeping our national healthcare infrastructure open and available for all. As a result, hospitals will not be able to conduct business as usual. This would result in emergency operation cancelations, patients not getting the care that they need, and a limited supply of resources for doctors and emergency room professionals. The most dangerous part is that the first responders who are on the front lines of this pandemic are the most exposed to the virus. This poses a serious problem because the people that are treating patients with the COVID-19 virus are also catching it, which increases absenteeism.

For this reason it is critical for the country, and the world, to slow down the aggressive and contagious nature of this disease so that the healthcare system can not only keep up, but also invest in increasing their supply of hospital beds, respirators, and other equipment. By slowing down the spread of this disease, our country will have less demand for medical services per day. This relieves the strain on our healthcare infrastructure and the professionals on the front lines.

Protective measures

RISK FACTORS *(continued)*

HIGH RISK

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

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

Who's at risk?

- Older adults 65 and older
- Young Adults
- Children
- People who live in a nursing home or long-term care facility
- People with pre-existing medical conditions (such as asthma, diabetes, heart disease) appear to be more vulnerable to becoming ill with the virus



Coronavirus

SYMPTOMS

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

Alert your doctor by phone if you:

- Develop these symptoms
- Have come in close contact with someone with COVID-19
- 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



Coronavirus SYMPTOMS



Symptoms	Corona Virus	Flu	Cold
Fever	COMMON	COMMON	RARELY
Fatigue	SOMETIMES	SOMETIMES	SOMETIMES
Cough	COMMON (Usually dry)	COMMON (Usually dry)	MILD
Sneezing	NO	NO	COMMON
Aches and pain	SOMETIMES	COMMON	COMMON
Runny nose	RARELY	SOMETIMES	COMMON
Sore throat	SOMETIMES	SOMETIMES	COMMON
Diarrhea	NO	SOMETIMES (Usually dry)	NO
Headache	SOMETIMES	COMMON	RARELY
Shortness of breath	SOMETIMES	NO	NO

What do you do if **YOU GET CORONAVIRUS?**

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 your doctor.



Clear liquids

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



Strengthen Immunity

The best way to strengthen immunity is to get a lot of rest, drink a lot of water, and take Vitamin C and D3.



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.

PROTECT

Yourself & Others



Prevention

BEST PRACTICES

Take these steps to keep germs at bay

- 1 Clean your hands often**
with soap and water



- 2 Avoid close contact**
with those not feeling well



- 3 Stay home**
if you or someone in
your house is sick



- 4 Cover coughs
and sneezes**
with clean tissues



- 5 Wear a mask**
if you're sick or taking care
of others who are sick



- 6 Clean and disinfect**
frequently-used surfaces often

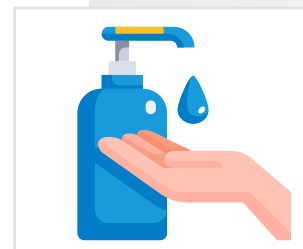


Washing Hands

BEST PRACTICES

“**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 SOLUTIONS

Take these steps
to keep germs at bay



1 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.

2 Throw it all away
Dispose of used tissues by throwing them away in the trash.

3 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.

Protective measures

RISK FACTORS

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

Who is at risk?

- Older adults 65 and older
- Young Adults
- Children
- People who live in a nursing home or long-term care facility
- People with pre-existing medical conditions (such as asthma, diabetes, heart disease) appear to be more vulnerable to becoming severely ill with the virus.

Ways to protect yourself

- Clean your hands often
- Cover your coughs and sneezes with a tissue and throw the tissue in the trash
- Stay home
- Don't travel
- Avoid close contact with people who are sick
- Keep distance from infected people (over 6 feet)

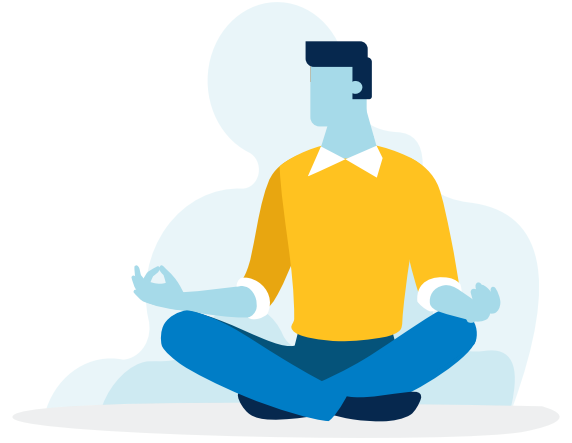
Learn how you can plan, prepare, and cope with stress before and during a COVID-19 outbreak.

- Plan and make decisions in advance of an illness.
- Know how to protect and support the children in your care.
- Find ways to cope with stress that will make you, your loved ones, and your community stronger.



It is extremely important to inform and educate your children and young adults on ways to protect themselves from this disease. Young adults are among the biggest transmitters of the disease since they are more active, around many individuals and tend to be less cautious.

Manage **ANXIETY & STRESS**



Things you can do to support yourself

Unplug

Take breaks from watching, reading, or listening to news stories, including social media.

Take care of your body

Take deep breaths, stretch, or meditate. Try to eat healthy meals, exercise, get plenty of sleep, and avoid alcohol/drugs.

Connect with others

Talk with people you trust about your concerns and how you are feeling.

Things parents can do to support children

Inform

Take time to talk with your child or teen. Answer questions and share facts in a way that your child or teen can understand.

Reassure

Reassure your child/teen that they are safe. Let them know it is ok if they feel upset.

Make it a staycation

Make it a staycation where everyone is excited to learn, grow and improve while building bonds that will last forever.

PROTECT
Your Home



Sterilizing

BEST PRACTICES

Clean, disinfect, and sterilize

Cleaning

Remove 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



Protective measures

HOW TO PROTECT YOUR HOME

How to prepare your home

An outbreak in your community or illness within your own home can keep you inside for an extended period of time. Here are some tips on protecting every room of your home.

BEDROOM

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

BATHROOM

- 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

KITCHEN

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

LIVING ROOM

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



The do's and don'ts OF CORONAVIRUS PREVENTION



The Do's

- ✔ Do observe good personal hygiene
- ✔ Do educate yourself on the symptoms
- ✔ Do clean and disinfect frequently-touched surfaces

The Don'ts

- ✘ Don't touch your face or eyes
- ✘ Don't be in crowded places for long periods of time

CARING
For the Sick



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

Corona Action Plan

MEDICAL ATTENTION

If you think you have been exposed to COVID-19 and develop a fever and symptoms, such as cough, difficulty breathing or the symptoms provided in this guide, CALL YOUR HEALTHCARE PROVIDER FOR MEDICAL ADVICE.

Call ahead: Many medical visits for routine care are being postponed, or done by phone or telemedicine. If you have a medical appointment that cannot be postponed, call your doctor's office, and tell them you have or may have COVID-19. This will help the office protect themselves and other patients.

Wear a facemask: If available, put on a facemask before you enter the building. If you can't put on a facemask, cover your coughs and sneezes. Try to stay at least 6 feet away from other people. This will help protect the people in the office or waiting room.

Follow care instructions from your healthcare provider and local health department: Your local health authorities may give instructions on checking your symptoms and reporting information.

Self- isolation in your home

Stay home: Most people with COVID-19 have mild illness and are able to recover at home without medical care. Do not leave your home, except to get medical care. Do not visit public areas.

Stay in touch with your doctor. Call before you get medical care. Be sure to get care if you have trouble breathing, or have any other emergency warning signs, or if you think it is an emergency.

HOME TESTING

If you have symptoms of COVID-19 and want to get tested, home tests are available. Please contact a medical provider or a health care professional for additional information.

PUBLIC TESTING

There are public test areas and health laboratories in selected locations in every city, such as Walmart. Please contact a medical provider or a health care professional for additional information.



If you have a fever or cough, you might have COVID-19. Most people have mild illness and are able to recover at home. Keep track of your symptoms. If you have an emergency warning sign (including trouble breathing), get medical attention right away.

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