

# COVID-19 Family Protection

HOW TO PREPARE FOR COVID-19



## QIN GOALS

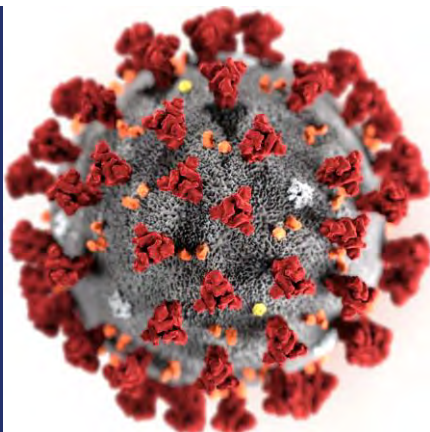
As a family, you can plan and make choices now that will protect you and your loved ones during the COVID-19 outbreak.

## PURPOSE

This guidance is based on the Centers of Disease Control and Prevention (CDC) guidance. This is based on what is currently known about the coronavirus disease (COVID-19).

## SIGN UP FOR QIN COVID-19 UPDATES

Text "Quinault" to 484848 and get regular updates from QIN on how COVID-19 is impacted the community.



## COVID -19

a mild to severe respiratory illness that is transmitted chiefly by contact with infectious material (such as respiratory droplets), and is characterized especially by fever, cough, and shortness of breath and may progress to pneumonia and respiratory failure.

## How to Prepare for COVID-19

Stay informed & in touch with local news.

- Find Local Information:  
<https://www.coronavirus.wa.gov/>
- Create an emergency contact list including family, friends, drivers, healthcare providers, employers, & community resources.
- Stay informed through QIN COVID -19 updates.  
<http://www.quinaultindiannation.com/qincovid19.htm>



### Prepare for the potential that you or one of your family members could become ill.

Consider family members that are high risk

- Older Adults (CDC guidelines, 65 years and older)
- People who have serious underlying medical conditions like:
  - Heart disease
  - Diabetes
  - Lung disease

Choose a room in your house that could be potentially used to separate sick household members from the others.

### Emergency Warning Signs for COVID-19:

**GET MEDICAL ATTENTION IMMEDIATELY IF YOU HAVE**

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face
- This list is not all inclusive. (Please consult your medical provider)

**CALL 911 IF YOU ARE HAVING A MEDICAL EMERGENCY**

### If you get sick what to do:

1. **CALL YOUR DOCTOR OR MEDICAL PROVIDER**
  - a. If you think, you have been exposed to COVID-19 and develop fever and symptoms such as cough or difficulty breathing call your healthcare provider for medical advice.
2. **SEPARATE YOURSELF (Home Isolation)**
  - a. Stay away from others as much as possible, you should stay in a specific "sick room"
  - b. Limit your contact with pets & animals
3. **STAY HOME**
  - a. DO NOT LEAVE EXCEPT TO GET MEDICAL CARE
  - b. DO NOT VISIT PUBLIC AREAS
  - c. DO NOT VISIT HIGH RISK INDIVIDUALS
  - d. CALL AHEAD BEFORE VISITING YOUR DOCTOR
4. **WEAR A FACEMASK IF YOU ARE SICK** in public or with your family
5. Clean your hands often
6. Avoid sharing personal household items
  - a. this includes dishes, drinking glasses, cups, eating utensils, towels or bedding
  - b. wash thoroughly after use
7. Clean all "high-touch" surfaces everyday
8. Monitor your symptoms

## STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



cdc.gov/COVID19

## Everyday Preventative Steps

- **Wash your hands frequently** (with soap for at least 20 seconds, especially after you have been in a public place, blowing your nose, after restroom use, before eating or preparing food, after contact with pets or animals, before & after care of another person, coughing, or sneezing)
- **If soap is not available use a hand sanitizer** that contains at least 60% alcohol
- **Limit movement in the community** & limit exposure to vulnerable community members
- **Take care of your body:** take deep breaths, try to eat healthy, exercise regularly, get plenty of sleep, avoid alcohol & drugs
- **Social distancing,** put distance between yourself and other people (6 feet or two arm lengths)
- **Stay home if you are sick**
- **Avoid touching your eyes, nose, & mouth**
- **Cover your cough or sneeze with a tissue then throw it away in the trash**
- **Clean & disinfect frequently touched objects & surfaces.** Common areas – tables, hard backed chairs, doorknobs, light switches, remotes, handles, desks, toilets, keyboards, mouse, & sinks

Visit this site below for EPA Approved Disinfectants for use against COVID-19

<https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>



For more information visit:  
CENTERS FOR DISEASE CONTROL & PREVENTION (CDC):

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Have questions about COVID-19?

Give us a call or send us an email.

**COVID-19 CALL CENTER (360) 964-1850**

[covid19@co.grays-harbor.wa.us](mailto:covid19@co.grays-harbor.wa.us)