

Corona Virus – Pandemic Preparedness

- Get your Rx's filled – those you take on a regular basis
- Purchase fever reducers (Ibuprofen, Tylenol, etc.) to have plenty on hand
- Ensure you have functional thermometers at home to check body temperature for fever.
- Purchase Hand Sanitizers – Large bottles and small bottles for purse and car. You have exposures at Gas Stations when pumping gas, keep one in your car. If you must board a plane, have a travel size with you.
 - Make sure your children have these in the bookbags to use at school
- Purchase Clorox Bleach – Disinfecting Bleach. There is a difference in bleaches, read the label to make sure that you are getting disinfecting bleach and not bleach for whitening laundry- this does not disinfect. READ LABEL
 - Using Clorox Bleach and Water – Ratio is one-part bleach to 10 parts water (spray bottle). THIS MIX IS ONLY GOOD FOR 24 HOURS, then it loses its disinfecting properties. Mix up only small amounts at a time so you do not waste your bleach.
 - Don't breathe strong fumes and wear gloves when using
 - VERY IMPORTANT TO KNOW: Bleach will not penetrate dirt and grime, and these biological agents deactivate bleach. Clean your surfaces first with hot soapy water, wipe off and then spray down with your bleach mixture.
- Purchase Clorox wipes for disinfecting surfaces at work and for your children to disinfect their desk surfaces at school.
- Purchase Lysol Spray. It is an effective disinfectant.
 - Microban Spray is another effective disinfectant. It comes in a bathroom type spray or an aerosol spray. It disinfects up to 24 hours.
- Use good daily general hygiene – Wash your hands with soap and water frequently. Wash hands for at least 20 seconds to be effective. (equivalent to saying your ABCs twice)
 - Keep hands away from eyes, nose and mouth
 - Cover cough/sneeze using the bend of your arm (elbow)
- CAUTION – Virus could possibly live up to 9 days on hard surfaces. Has not been confirmed but comparing to similar viruses.
- Stay away from crowds if not necessary. (Concerts, etc.)
- Limit your direct contact. Do not shake hands with people. Greet with verbal greetings rather than shaking hands.
- In public, such as grocery stores, Walmart, etc., AVOID ANYONE COUGHING or sneezing. Stay at least 6 feet away from them. Stop, turn around, go around another way. Airborne droplets from coughing and sneezing can infect you.
- **If you do not feel well, STAY HOME.**

- For additional respiratory protection – Use N95 respirators (at a minimum). Dust masks will not protect you.

Note the following regarding respirators: The purpose of a respirator’s exhalation valve is to reduce the breathing resistance during exhale; it does not impact a respirator’s ability to provide respiratory protection. **The valve is designed to open during exhalation to allow exhaled air to exit the respirator and then close tightly during inhalation**, so inhaled air is not permitted to enter the respirator through the valve.

While a valve does not change a respirator’s ability to help reduce a wearer’s exposure to bioaerosols, **a person who is exhibiting symptoms of illness should not wear a valved respirator, because exhaled particles may leave the respirator via the valve and enter the surrounding environment, potentially exposing other people.**

The following are effective aerosol disinfectants:

