

CORONAVIRUS SAFETY INSTRUCTIONS: UPDATE

FROM DR. AMY SLAGLE, MD

PUBLIC HEALTH OFFICER, MITW INCIDENT COMMAND CORONAVIRUS RESPONSE

March 21, 2020

The spread of the Coronavirus threatens everyone, including members and families of the Menominee Nation. The Coronavirus spreads easier and kills more people than other viruses. There are no medications available yet to prevent or treat the virus. **The only thing which will save people from getting sick and dying are to stop the spread of virus. People must change their actions and behaviors to stop the spread.**

- **Stay home as much as you can: this is the SINGLE MOST IMPORTANT thing you can do. Virus spreads the more people are together.** Do not visit relatives and friends, call them instead. Send one person to the grocery store or to get gas. Leave children at home as much as possible.
 - **Social distance at home:** when people are together keep six feet apart, no matter where you are, even at home.
 - Avoid hugging, kissing, and touching each other. **Sleep in separate beds when possible**, sit apart on couches and at tables. If children are old enough to understand, teach them to social distance. **And yes, this means you should not have sex.**
 - Cover your hand with a shirt sleeve or a cloth when opening drawers, doors, or pulling handles.
 - Wipe off handles, door knobs, and drawer pulls with diluted bleach or disinfectant spray if you have it. **Bleach must be mixed with water to be safe. Mix one gallon of water with 5 tablespoons (1/3 cup) of bleach from the bottle. Keep bleach solution at room temperature.**
 - Wipe down bathroom sinks, showers, and toilets several times every day with bleach containing cleaners or solution you make.
 - **Cover cough and sneezes:** Cough and sneeze into your elbow. This keeps drops of fluid from your nose and mouth from reaching other people and your hands. The virus lives in these drops. If you cough or sneeze into the air, the drops reach other people. If you cough or sneeze into your hand, the drops end up on what you touch. The virus spreads to other people when they touch what you touched.
 - **Wash your hands:** many times a day. This washes away the virus. Use soap and lather well. Make sure to wash back of hands and in between fingers. Wash hands for 20 seconds. Sing the ABC song twice while washing. Wash your hands after you use the bathroom. Wash your hands after sneezing or coughing. Wash your hands after eating. Wash your hands as soon as you get home. If you are not at home: use a clean paper towel to turn off the faucet, use another clean paper towel or air machine to dry your hands, use a clean paper towel to open the bathroom door after washing.
 - **Remember others:** the virus is more likely to kill people over 60 and people with weak lungs or who can't fight infection. You could spread virus to someone who could die from it.