

CORONA VIRUS SAFETY INSTRUCTIONS

FROM DR. AMY SLAGLE, MD

MITW PUBLIC HEALTH OFFICER

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SOCIAL DISTANCING: STAY 6 FEET APART FROM EVERYONE: Your spouse, your co-workers, your friends. Teach social distancing to children. If someone coughs, you won't breathe in the virus if you are 6 feet away. If someone is infected and is *just breathing out virus* you won't breathe it in from six feet away.

This means riding in a car together can be dangerous. Sit as far apart in the car as you can. *Front seat/backseat.* Drive alone for all errands if possible. **DON'T FORGET TO BUCKLE UP!**

YOUNG PEOPLE: DON'T VISIT YOUR FAMILY. YOU MAY BE YOUNG AND SURVIVE THE VIRUS IF YOU GET IT. YOUR MOM, OR YOUR GRANDFATHER, OR YOUR AUNTIE WHO HAS DIABETES--THEY ARE MORE LIKELY

TO DIE IF THEY GET INFECTED. YOU MAY *FEEL FINE* BUT STILL HAVE THE VIRUS, AND SPREAD IT, JUST BY BREATHING NEAR ANOTHER PERSON. LOVE YOUR FAMILY BY STAYING AWAY, STAYING HOME. CALL THEM, FACE TIME THEM, JUST DON'T VISIT NOW. VISIT WHEN THIS IS OVER.

KEEP DOING THESE THINGS AT HOME: WASH HANDS; OVER AND OVER. WIPE DOWN DOOR KNOBS, HANDLES, COUNTER TOPS; MANY TIMES A DAY.

USE SEPARATE TOWELS IN BATHROOM AND KITCHEN.

WASH CLOTHES IN HOT WATER.

WIPE DOWN THE STEERING WHEEL, KNOBS, AND HANDLES IN YOUR CAR.

MAKE BLEACH SOLUTION: ADD 5 TABLESPOONS OF BLEACH TO ONE GALLON OF WATER. USE CLEAN RAGS TO WIPE DOWN SURFACES OR USE A SPRAY BOTTLE.

GET OUTSIDE: TAKE YOUR FAMILY OUTSIDE AND GET FRESH AIR, TAKE WALKS. BUT GUESS WHAT—YOU STILL NEED TO STAY 6 FEET AWAY!

CORONAVIRUS SAFETY INSTRUCTIONS: UPDATE FROM DR. AMY SLAGLE, MD
PUBLIC HEALTH OFFICER, MITW INCIDENT COMMAND CORONAVIRUS RESPONSE

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The spread of the Coronavirus threatens everyone, including Menominee Nation. **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. Send one person to the grocery store or to get gas. Leave children at home as much as possible. Do not have birthday parties or any parties.

- **Social distance at home:** when people are together stay six feet apart, no matter where you are, even at home.
- Avoid hugging, kissing, and touching. **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. People breathe the air you cough into and catch the virus. 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 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.
- Use social distance in grocery stores. Wash your hands as soon as you leave the grocery store. Disinfect the surfaces you touch in your car like steering wheel, knobs, gear shift. Wear gloves when touching gas pumps. Wash your hands after going to the gas station.