

March 8, 2020 WC-ARES Net Training: Staying Healthy

Presented by Gaye Lynn Bailey, KF5PWN

This is Gaye Lynn; KF5PWN with tonight's training on staying healthy.

As disaster responders we need to keep our selves as well as possible so that we can respond to a disaster during any season.

Viruses such as the Flu and Coronavirus are currently active in the State of Texas. Both viruses are spread mainly between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes. It is also possible that a person could get a virus by touching a surface or object that has the virus on it and then touching their own mouth, nose or possibly their eyes.

Symptoms of the flu or coronavirus are similar such as: fever, cough, shortness of breath.

You can reduce your chances of being infected or spreading a virus by taking some simple precautions:

- Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water. By washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.
- Maintain at least 3 feet distance between yourself and anyone who is coughing or sneezing.
 - Why? When someone coughs or sneezes they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the virus if the person coughing has the disease.
- Avoid touching eyes, nose and mouth.
 - Why? Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.
- Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately.
 - Why? Droplets spread virus. By following good respiratory hygiene you protect the people around you from viruses such as cold, flu and COVID-19.
- Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance. Follow the directions of your local health authority.
 - Why? National and local authorities will have the most up to date information on the situation in your area. Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also protect you and help prevent spread of viruses and other infections.
- Stay informed on the latest developments about the flue and COVID-19. Follow advice given by your healthcare provider, your national and local public health authority or your employer on how to protect yourself and others.
 - Why? National and local authorities will have the most up to date information on whether the virus is spreading in your area. They are best placed to advise on what people in your area should be doing to protect themselves.

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These small measures will help keep you and those around you safe.

References:

<https://www.dshs.state.tx.us/IDCU/disease/influenza/surveillance/2019-2020.aspx>

<https://www.cdc.gov/flu/about/keyfacts.htm>

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/2019-ncov-factsheet.pdf>