

Public message from Incident Command

Monday, April 06, 2020

- **Older adults and people who have severe underlying medical conditions** like heart or lung disease or diabetes seem to be at higher risk for developing serious complications from COVID-19 illness. There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- **The best way to prevent illness is to avoid being exposed to this virus.**
- The virus is thought to spread mainly from person-to-person.
 - Between people who are in close contact with one another (within about 6 feet).
 - Through respiratory droplets produced when an infected person coughs, sneezes or talks.
 - These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
 - Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.
 - Remember that some people without symptoms may be able to spread virus.
 - Keeping distance from others is especially important for [people who are at higher risk of getting very sick](#).

To disinfect:

Most common EPA-registered household disinfectants will work. Use disinfectants appropriate for the surface.

Options include:

- **Diluting your household bleach.**
To make a bleach solution, mix:
 - 5 tablespoons (1/3rd cup) bleach per gallon of water
OR
 - 4 teaspoons bleach per quart of water

Follow manufacturer's instructions for application and proper ventilation. Check to ensure the product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser. Unexpired household bleach will be effective against coronaviruses when properly diluted.

Alcohol solutions.

Ensure solution has at least 70% alcohol.

Retrieved from: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

In light of new evidence, CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies) **especially** in areas of significant community-based transmission.

The cloth face coverings recommended are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance.

How to make a [cloth] face covering from the CDC: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover.html>

Consider this; many stores are limiting the amount of people who can go inside to shop. Safety and control of spread is the primary reason for this.

In summary, please be aware even though you may be strong enough to get through a battle with the Corona Virus, please be mindful of others you may visit or come in contact with as their health will also be at risk from transmission of this virus and you may not even know you are spreading it. Do not take the lives of others into your hands. Keep your distance and avoid social interactions as much as possible.

Do not let others take your life into their hands. Insist on keeping a safe distance always.

Pass this on to your family who does not have internet. Your help can save lives.