



PREVENTING THE SPREAD OF THE NOVEL CORONA VIRUS– COVID 19

HEALTH TIPS FOR MIGRANT WORKERS IN THE UNITED STATES

MLSS MARCH 5, 2020

WHAT IS THE NOVEL CORONA VIRUS?

The 2019-20 coronavirus outbreak is an ongoing public health emergency of international concern involving multiple outbreaks of coronavirus disease 2019. The corona virus is a highly contagious disease that is transmitted easily and can cause severe health challenges including death.

HOW IS IT SPREAD?

- 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 or sneezes.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
- It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes.

“ Limit travel in and out of the United States, unless absolutely necessary. Avoid crowded areas as much as possible.” Sanitize frequently especially door knobs and bathroom areas. Store additional food supplies for possible quarantine.”

REDUCE THE RISKS OF CORONAVIRUS INFECTION



Clean hands with soap & water, or an alcohol based hand rub.

Wash your hands

- After sneezing or coughing
- When caring for the sick
- Before, during & after you prepare food
- Before eating
- After toilet use
- When hands are dirty
- After handling animals or animal waste



Cover nose and mouth when coughing and sneezing with tissue or flexed elbow



Avoid close contact with anyone with cold or flu-like symptoms



WHAT SHOULD I DO IF I BECOME INFECTED?

If you have a high fever, coughing and shortness of breath or you think you might be infected:

- Seek medical attention
- Follow the doctor’s instruction.
- Avoid contact with others
- Stay home, you may have to be isolated.
- Cleanliness and consideration is key.