

Education for City of Lovington Employees on COVID-19

COVID-19 is a specific strain of the Coronavirus. This is a respiratory disease that is spread from person to person. The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19. There is currently no vaccine to protect against this virus. There is no specific antiviral treatment. Supportive and symptomatic measures are taken. Education on the virus and prevention is critical in the containment of any virus. This includes common colds, Influenza, Coronavirus and RSV.

The population most at risk for severe complications include the very young, people above 55, those with immune-compromised systems, and people with severe chronic respiratory conditions. All ages can catch this virus. However, it is less likely to cause severe symptoms and complications in people who are healthy and have no daily heart and lung diseases.

1. Keep yourself healthy.
 - a. Continue taking home medications for chronic medications, especially blood pressure medications.
 - b. Supplements high in Vitamin C, and multivitamins, are fine to take.
 - c. Drink lots of water and avoid excessive dehydration.
 - d. Any medication that combats fever (Tylenol, Motrin, Acetaminophen, Ibuprofen) are good to have on hand at home.
2. Wash your hands frequently with soap and water.
 - a. Wash for at least 30 seconds.
 - b. The scrubbing of your hands with soap is the actual method of removal for contaminants. Don't just let them run under water.
 - c. Dry with a paper towel and use this to open the door.
3. Use antimicrobial cleaner to wipe down workstations.
 - a. When you clean a station, leave the surface wet and allow to air dry.
 - b. Common household cleaners such as Lysol and bleach are appropriate.
 - c. If store bought containers of wipes are unavailable, you may use mixed solution and paper towels to decontaminate.
 - d. Clean several times a day, and after any person who has symptoms of a cold.
4. Wear your PPE (personal protective equipment) appropriately.
 - a. The issuance of respiratory masks will be restricted to public safety personnel who are in direct contact with people who may be showing symptoms of this illness, have a high probability of having the illness, or have a confirmed case. One mask will be assigned to each person and ensured that it fits appropriately. They will be trained in the fitting, storage and use of this mask. This mask will

always be stored and transported by the personnel, in a brown simple paper sack. CDC states that this will allow any virus to be exposed to air, in which it will not be able to live/replicate.

- b. Non-medical or police personnel are encouraged to wear gloves if you handle items that may be soiled by the public.
 - c. USE YOUR PPE APPROPRIATELY. We have a limited number of resources. This is currently a phenomenon nationwide.
5. Wash all produce.
 - a. This includes items that you would not normally wash such as citrus fruit, avocados, bananas, etc.
 - b. Produce is handled more frequently than any item at a grocery store. Wash when you get home.
 6. Avoid touching your face, eyes, mouth and nose.
 - a. Any virus can live and thrive in your moist mucus membranes.
 - b. Corona virus is known to attack the airways specifically. Try to avoid exposing yourself inadvertently.
 - c. "Safe distance" for droplet transmission is considered 6ft
 7. Utilize any telehealth to speak with a health professional.
 - a. If you are not critically ill, you are encouraged to use telemedicine apps such as TeleDoc to speak to a doctor.
 - b. This will allow you to access medications and advice from the privacy and safety of your home.
 - c. If you are unsure if you or your spouse have this option as a part of your insurance benefits, speak to the HR representative at the employer.
 8. Consider wearing gloves if you handle money or large amounts of paper from the public.
 9. If utilizing a city vehicle to transport the public, wipe down the surfaces after transporting any patient with symptoms.
 - a. Decontamination with antimicrobial sprays, wipes, and Biomist may be utilized.
 10. Antibacterial hand sanitizers may be used. But this should NEVER replace hand washing.
 - a. If your hands are visibly soiled, you must wash them.
 - b. Do not use antibacterial sanitizers multiple times in a row. This will build a layer of product and could become counterproductive.
 - c. Gels and foam are available to stock at all heavily traveled departments in Lovington.
 11. If you or your family members are ill with fever, severe cough, or shortness of breath, you should stay home.
 - a. Cover your mouth or sneeze with a tissue. Then discard this tissue.
 - b. Clean and disinfect your home frequently.
 - c. Throw away used toothbrushes and use clean ones.