

## Advice for Preparing for a Coronavirus Pandemic

### Do:

- Wash hands frequently and do it correctly. Scrub your hands with soap and warm water for 20 seconds – count to 20 or sing the Happy Birthday song to yourself twice.
- Wash your hands after using the bathroom, before eating or cooking, and after eating. Wash hands when you come in from being out and about.
- Avoid touching your face – eyes, nose, mouth.
- Wipe frequently-used surfaces with disinfectant wipes regularly.
- Sneeze/cough into your elbow. Discard tissues promptly. Wash hands afterwards.
- Carry hand sanitizer (at least 60% alcohol) and use it if you can't wash your hands with soap and water
- Consider "social distancing" - avoiding big crowds, not automatically shaking hands or hugging.
- Make sure you have 30 days of your regular prescription meds available, in case of supply chain interruptions. Make sure you have enough of your usual non-prescription meds too - acetaminophen, ibuprofen or naproxen, cough syrup, etc.
- If you're sick, don't go to work, school, church, or community meetings/activities.
- For up-to-date advice, go to the CDC website ([www.cdc.gov](http://www.cdc.gov)), or Oregon Health Authority website (<https://www.oregon.gov/oha>)

### Not needed:

- You don't need to buy special "emergency food". You'll still be able to cook. Do make sure your pantry and freezer are reasonably well stocked. Many of us could eat for a month with just what we have at home.
- You don't need to stock up on bottled water. You'll still have running water. (If you're preparing for an earthquake/tsunami, however, you do need to stockpile and know how to purify water! )
- Masks are not helpful unless you're directly caring for a patient with the virus. Masks are helpful for infected people to avoid spreading the virus to others.

**Don't panic! Stay informed!**

Linda Kozlowski

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