

English

Protocols to go out

1. If you need to go out of your house, use long-sleeves clothes or a jacket.
2. Do a ponytail or gather your hair in a bun, do not use earrings, bracelets, or rings.
3. Use a facemask before leaving.
4. Try not to use public transportation.
5. If you have to take your pet out, your pet must not touch any surfaces and do not let other people pet her or him.
6. Use disposable tissues, use them to touch surfaces.
7. Throw away the dirty tissue in a trash bin, in a closed plastic bag.
8. If you cough or sneeze, do it in the inner side of your elbow, do not do it in your hands or air.
9. Try not to pay in cash, if you have to, disinfect your hands.
10. Wash your hands or use a disinfectant gel with alcohol at 70% after touching any object or surface.
11. Do not touch your face until your hands are clean.
12. Keep a distance between you and other people, at least 6 feet.

Protocols to arrive home

1. Before entering, take out your shoes.
2. Apply alcohol over and under your shoes.
3. Apply alcohol over your clothes, cellphone, keys, work tools, computers, etc.
4. Throw away any ticket that you won't need anymore.
5. Enter with your naked feet to a place where you can take your clothes out and put them immediately in the washing machine.
6. Do not touch anything and do not take sit at chairs or beds.
7. Go to the bathroom and take a shower, brush your teeth, etc.
8. Now you can say hi to your family.

STAY AT HOME IF:

You are an elder.

You are pregnant.

If you suffer from: Cardiorespiratory disease, asthma, cancer, diabetes, or hypertension.

How to make a responsible purchase?

- Only one person must go to the supermarket, this person must be asymptomatic.
- Try to maintain a distance between you and others of at least 6 feet.
- Do not touch your face at any time.
- Buy only what you need, think about others.
- Use gloves to take the most delicate products (fruits and vegetables).
- Try not to pay with cash, instead use your cards.
- When you arrive home, wash your hands with soap and water.
- Clean and disinfect the products that you just bought with alcohol before storing them.
- Remember to do a responsible purchase, there is no shortage of products.
- Take care of yourself and others, only go shopping if you need to. Stay at home!

How to deal with anxiety?

COVID-19 pandemic can cause a lot of anxiety cases. It is important to recognize the symptom and how to react to them.

Symptoms

- Increased heart rate, tachycardia
- Choking sensation or asphyxia.
- Anguish.
- Corporal weakness, tiredness.
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What to do?

- We have to be aware of our anxiety attack and that this will be transitory, eventually we will be fine.
- Do physical or relaxation activities to diminish anxiety.
- Control your breathing, inhale through your nose and exhale slowly through your mouth. Take your pulse at the same time.

If someone we know has anxiety:

- Be nice and make her or him feel that you understand the situation.
- Tell her or him that this attack is transitory and that eventually, it will pass.
- Avoid saying 'calm down', be patient.

I am pregnant. How can I protect myself against COVID-19?

1. Wash your hands frequently.
2. Do not touch your eyes, face, or mouth.
3. Cough or sneeze inside your elbow or in a disposable tissue.

4. Keep a distance of 2 meters with others.
5. If you have fever, cough, shortness of breath, seek medical attention as soon as possible and follow the medical indications.

Emotions and COVID-19

Fear

- Panic shopping of food and medications
- Irritability
- Insomnia
- Watching and sharing alarming news.

Learning

- I accept that this is a situation that I cannot change.
- I am aware of my health status.
- I am aware that we are all living a tough situation.
- I only trust data of reliable sources.
- Entiendo que todos estamos pasando una situación difícil.
- Consulto datos solamente de fuentes fidedignas.

Growing

- I think about others
- I help others
- I take action to improve my life today.