

Nurse's Nook Winter is Coming

Winter is coming! Health experts have been warning that the colder months may bring upon us a “twindemic” of both the seasonal cold/flu as well as COVID-19. As the number of COVID cases in our community continues to rise, it’s important now more than ever to remain vigilant and prepare! So what can we do?

1. Wear a mask in public. This is one of the most effective ways to stem the spread of COVID-19. Masks enable us to protect others from ourselves, so this means that in order for this to work, it’s best if we all commit to this together.



2. Watch your distance. Whenever possible, keep a distance of 6 or more feet away from people in public. Social distancing makes it harder for these sneaky bugs to get to you.
3. Wash your hands frequently with soap and water for 20 seconds or more, or use hand sanitizer with 70% alcohol content. When washing your hands:
 - Start by wetting hands with clean, running water. Turn off the tap and apply soap.
 - Lather hands by rubbing them together with the soap. Be sure to get the backs of hands, between fingers, and fingernails.
 - Scrub hands for at least 20 seconds.
 - Rinse hands well under clean, running water.
 - Dry hands using a clean towel or air dryer.

Stop Germs! Wash Your Hands.

When?

- After using the bathroom
- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage

How?





Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.



Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.



Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.



Rinse hands well under clean, running water.



Dry hands using a clean towel or air dry them.

Keeping hands clean is one of the most important things we can do to stop the spread of germs and stay healthy.

LIFE IS BETTER WITH CLEAN HANDS

www.cdc.gov/handwashing



As always, be mindful of how you're feeling! Notice if you're experiencing any of the following symptoms: Fever (100.4 or higher), headache, shortness of breath, cough, sore throat, vomiting, diarrhea, abdominal pain, congestion or runny nose, new loss of sense of taste or smell, nausea, fatigue, or muscle or body aches. If so, **call your doctor for medical evaluation and testing!**

Thank you for your commitment to keeping yourself and our community safe during such a challenging time!