

April Tool Kit: Covid-19

California Nursing Students' Association
April, 2020 | Community Health



COVID-19

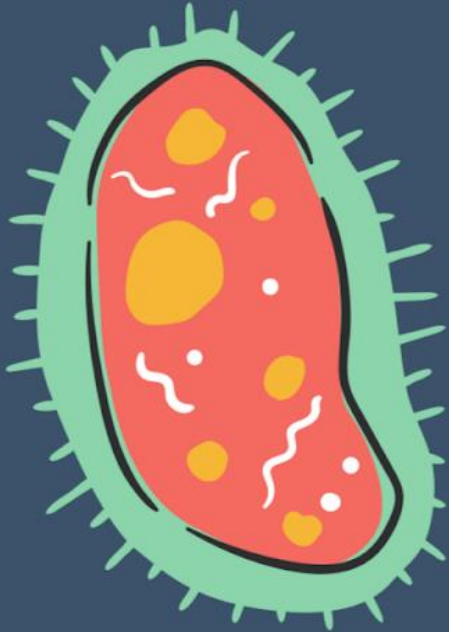
THE NOVEL CORONA VIRUS



In this Toolkit:

1. What is the novel coronavirus?
2. Tips for prevention
3. Social Distancing 101

COVID-19: A Summary



"Coronavirus " is a family of viruses named for their shape, another virus in this family is SARS

COVID-19 is called a "novel coronavirus" because this is the first time it is being encountered by humans

It is believed that COVID-19 was transmitted to humans from bats

The COVID-19 Pandemic began in Wuhan, China in December, 2019

The preferred host cell of COVID-19 is the Cilia cells that line the respiratory tract



Symptoms of COVID-19

The incubation period between initial infection and when symptoms arise is 1-14 days, most commonly 5 days

The most common symptoms are fever, tiredness, cough and difficulty breathing in severe cases

Prevent the spread of COVID-19 in

7 STEPS

- 01** Wash your hands frequently
- 02** Avoid touching your eyes, nose and mouth
- 03** Cover your cough using the bend of your elbow or a tissue
- 04** Avoid crowded places and close contact with anyone that has fever or cough
- 05** Stay at home if you feel unwell
- 06** If you have a fever, cough and difficulty breathing, seek medical care early — but call first
- 07** Get information from trusted sources



SOURCE: WORLD HEALTH ORGANIZATION

A GUIDE TO WHEN TO MASK



If you are healthy, you only need to wear a mask if you are taking care of a person with suspected 2019-nCoV infection.



Wear a mask if you are coughing or sneezing.



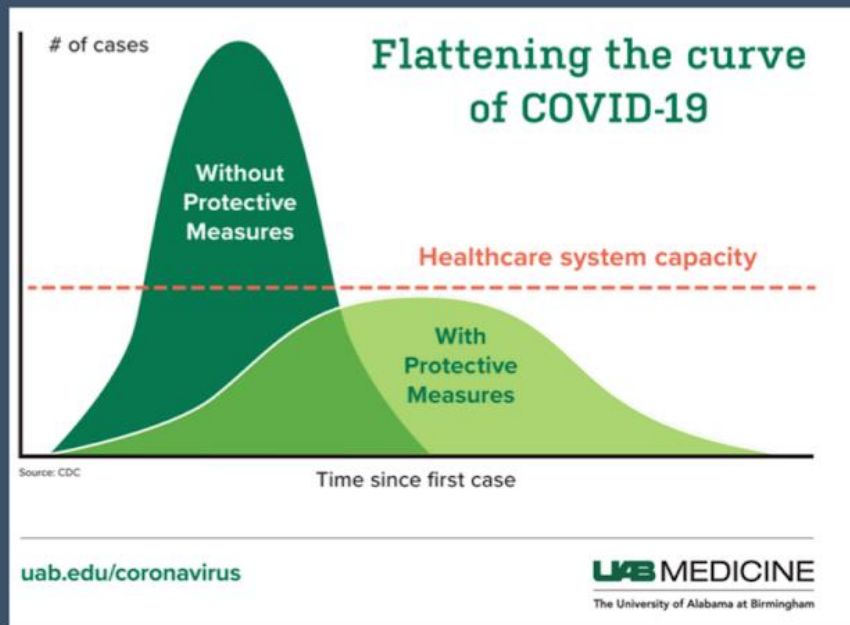
Masks are effective only when used in combination with frequent hand-cleaning with alcohol-based hand rub or soap and water.



If you wear a mask, then you must know how to use it and dispose of it properly.

Social Distancing 101

The goal of social distancing is to flatten the curve, meaning to slow the spread of the virus enough to prevent healthcare systems becoming overwhelmed



Social Distancing 101

Stay at home if you can

When you do go out, keep
a 6ft distance from others

Always keep the seven prevention
tips in mind

Also remember to take care
of you...

Self Care During Social Distancing

Stick to a schedule (but it's ok if sometimes you can't!)

Take a walk or spend time sitting outside

Reach out to family and friends; text, call, video call if possible

Maintain personal hygiene and keep your environment clean as much as you can

If you feel you are struggling, look into services that offer remote mental health support

All information taken from the World
Health Organization at:
[https://www.who.int/health-
topics/coronavirus#tab=tab_1](https://www.who.int/health-topics/coronavirus#tab=tab_1)

Special Thank You to Canva for
providing their COVID-19 "Preventing
COVID-19 and "When to Mask" posters

