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Crafting the Core

Associate Education Materials

COVID-19 Prevention and Protection

North America Safety, Health, and Environment (NASHE)

We Can Each Do Our Part

➤Flattening the Curve➤

Flattening the curve refers to using protective practices to slow the rate of COVID-19 infection so hospitals have room, supplies and doctors for all of the patients who need care.

Every person can help slow down the spread of COVID-19. By doing your part, you can make a big difference to your health, and that of others around you.

You can help by:

- Practicing good **HYGIENE**
- Implementing new **BEHAVIORS**
- Observing **ENGINEERING CONTROLS** put in place at work

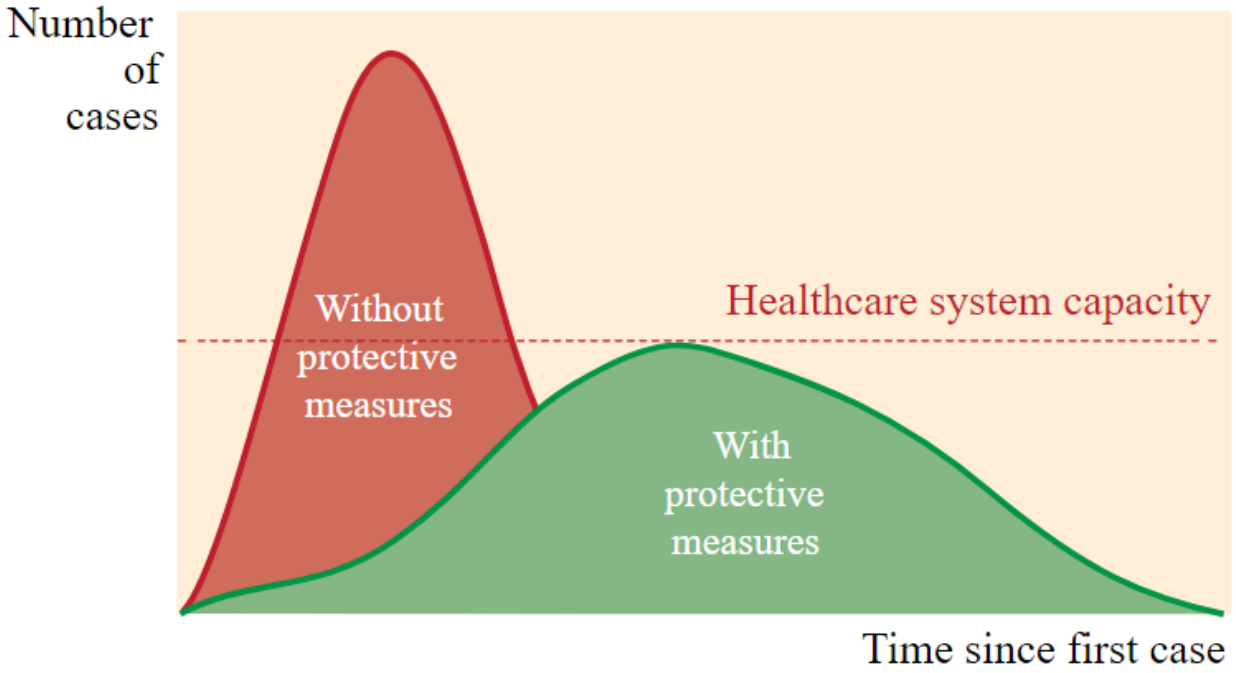

Photo: hopkinsmedicine.org

We Can Each Do Our Part

➤Supporting Medical Professionals➤

Practicing good **HYGIENE**, implementing new **BEHAVIORS**, and observing **ENGINEERING CONTROLS** put in place at work helps to **preserve valuable and limited supplies** for the women and men risking their lives to save others.

Photo: International Council of Nurses

1.

Hygiene

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1. Hygiene

➤**Hands** - *Why*➤

"Does washing my hands properly really make a difference?"

The lighter areas of this image shows a blacklight reactive gel that simulates the germs that can be present on hands.

Proper hand washing can reduce the risk of respiratory infection by 21%[1]

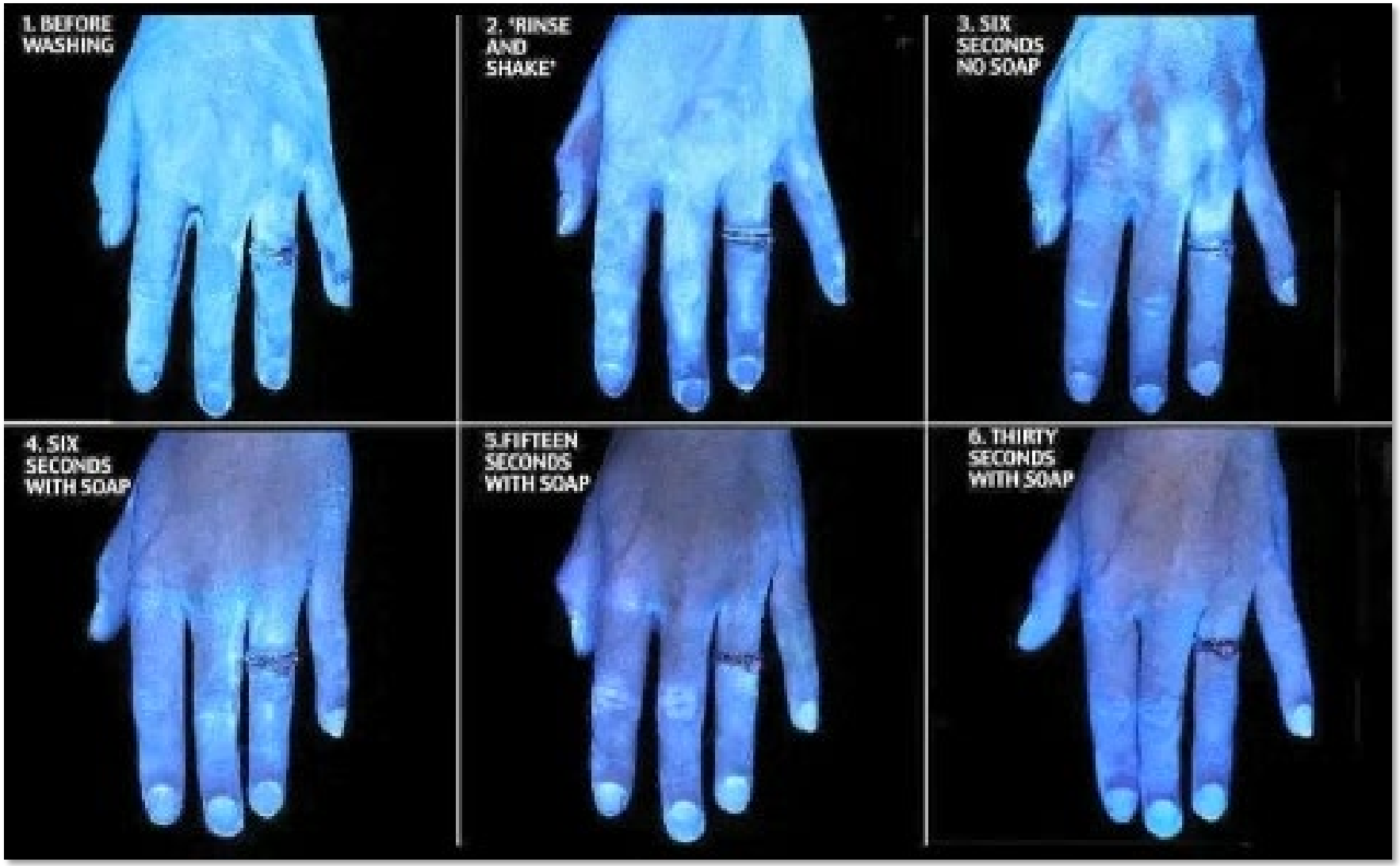

Photo: Instagram/Kristen Bell

[1] 2008 study: https://www.ncbi.nlm.nih.gov/pubmed/18556606

1. Hygiene

➤**Hands** - *How*➤

The key is not to simply wash your hands for a longer amount of time….

But to follow the *correct hand washing technique*.

The proper technique should
TAKE AT LEAST 20 SECONDS to complete.

Photo: World Health Organization (WHO)

1. Hygiene

◀Hands - *When*▶

Soap and water is the best way to clean hands of bacteria, viruses, and other disease-causing germs.

When to use…

SOAP and WATER

- Before touching your face.
- Before, during, and after preparing food.
- Before eating food.
- After using the toilet.
- After blowing your nose, coughing, or sneezing.
- After touching garbage.

HAND SANITIZER

- When soap and water is not available.
- Use products with at least 60% alcohol.
- Wash with soap and water as soon as you can.

1. Hygiene

➤**Hands** – *Why Soap Works*➤

Why is *regular soap and water* a superpower against the novel coronavirus?

- Soap is made up of two-sided molecules. One side is attracted to water; the other side is attracted to fat.
- The novel coronavirus has a fat-based outer envelope – which gets ripped apart by soap molecules and the friction of proper handwashing.
- Rubbing hands together with soap needs to happen for **about 20 seconds** to destroy that outer envelop.
- Without it's outer layer, the virus particles become harmless.

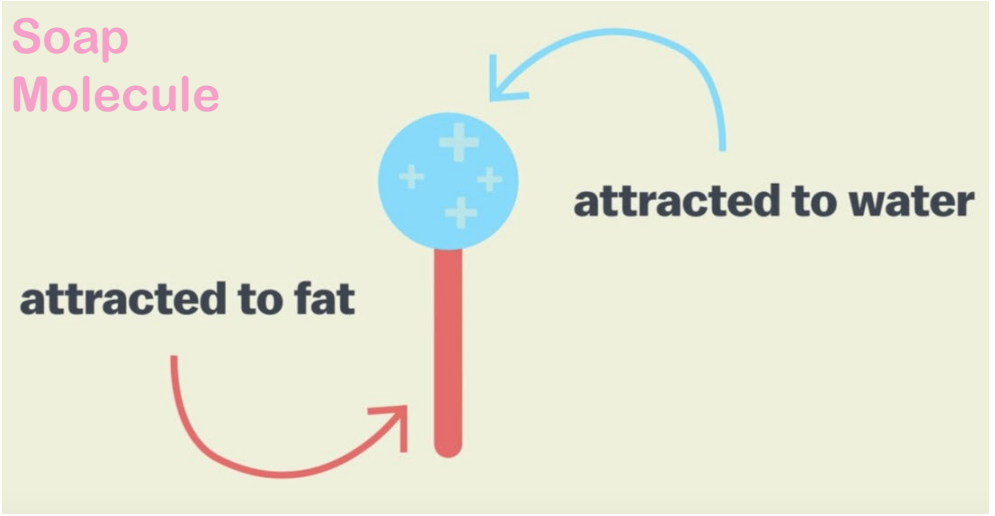

Photo: Madeline Marshall/Nicole Finateri/Vox

Photo: Medscape.com

1. Hygiene

➤**Hands** – *Hand Sanitizer*➤

Use hand sanitizer – at least 60% alcohol – **when soap and water is not available.**

Keep in mind that hand sanitizers may not be as effective…

- When hands are visibly dirty or greasy
- When hands have certain chemicals on them
- Hand sanitizers can quickly reduce the amount of microbes on hands – but they do not eliminate all types of germs.

WASH HANDS WITH SOAP AND WATER AT THE EARLIEST OPPORTUNITY

* A "loonie" is a Canadian 1-dollar coin, and is *approximately* the size of a U.S. Quarter (25 cent) coin

Photo: Provincial Infection Control Network of British Columbia

1. Hygiene

➤Respiratory Etiquette➤

Practicing respiratory etiquette limits the transmission of respiratory pathogens spread by droplet or airborne routes.

- Cover your mouth and nose with a tissue when you cough or sneeze.
- Put your used tissue in a waste basket.
- If you don’t have a tissue, cough or sneeze into your upper sleeve, not your hands.
- Wash your hands after coughing or sneezing. Use soap and water if available, or use hand sanitizer.

Photo: Getty Images / Getty Images

Photo: medicalnewstoday.com

1. Hygiene

➤Respiratory Etiquette➤

A good sneeze can propel droplets at a speed of up to 100 miles/hour![1]

PREVENT THE SPREAD OF GERMS

COVER YOUR MOUTH

Photo: Provincial Infection Control Network of British Columbia

[1] 2019 Study: https://royalsocietypublishing.org/doi/10.1098/rsif.2018.0779

2.

Behaviors

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2. Behaviors

➤Social Distancing➤

Physical distancing – **staying at least 6 feet away from other people** – reduces the chance of spreading or catching an illness.

Individuals can carry the novel coronavirus without showing any of the typical symptoms of COVID-19: fever, dry cough, and shortness of breath.

Asymptomatic or only mildly ill individuals can still shed virus and infect others.

A person's breath, and droplets expelled while talking, travels farther than you think.

Photo: VIKTOR DRACHEV / AFP/Getty Images

2. Behaviors

◀Social Distancing▶

Why six feet?

Experts believe the virus is mainly spread through droplets that come out of your mouth and nose.

When an infected person speaks, exhales, coughs or sneezes, the droplets travel about three to six feet before gravity pulls them to the ground.

Stay six feet away from someone, and you can stop the spread of illness.

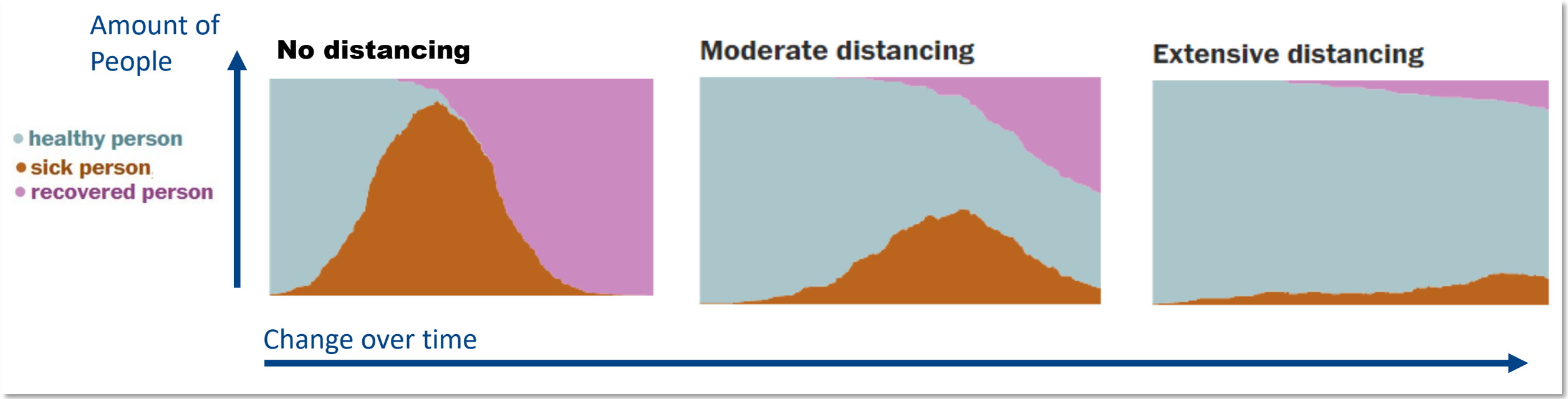
Photo: USA Today

2. Behaviors

◀Social Distancing▶

More social distancing keeps more people healthy.

A simple simulation[1] demonstrates the impact that social distancing can have on limited the spread of illness.



[1] www.washingtonpost.com/graphics/2020/world/corona-simulator/

2. Behaviors

◀Face Touching▶

You may be touching your face up to 23 times per hour, on average[1].

Photo: Josep Curto/Shutterstock.com

When you touch your face with dirty hands, **bacteria, viruses, and other disease-causing germs** can enter your eyes, nose, and mouth – increasing your risk of infection.

Photo: Tasha Sturm / Cabrillo College

AVOID TOUCHING YOUR FACE

[1] 2015 Study: https://www.ncbi.nlm.nih.gov/pubmed/25637115

2. Behaviors

◀Greetings▶

Avoid handshakes – which are a great way to transfer microbes like viruses and bacteria from one person to another.

Photo: https://bloncampus.thehindubusinessline.com

Photo: Sharon Barnes / iStockphoto

Does this alternative to handshaking (elbow-bumping) lessen the spread of germs??

Photo: Ted S. Warren / THE ASSOCIATED PRESS

2. Behaviors

◀Greetings▶

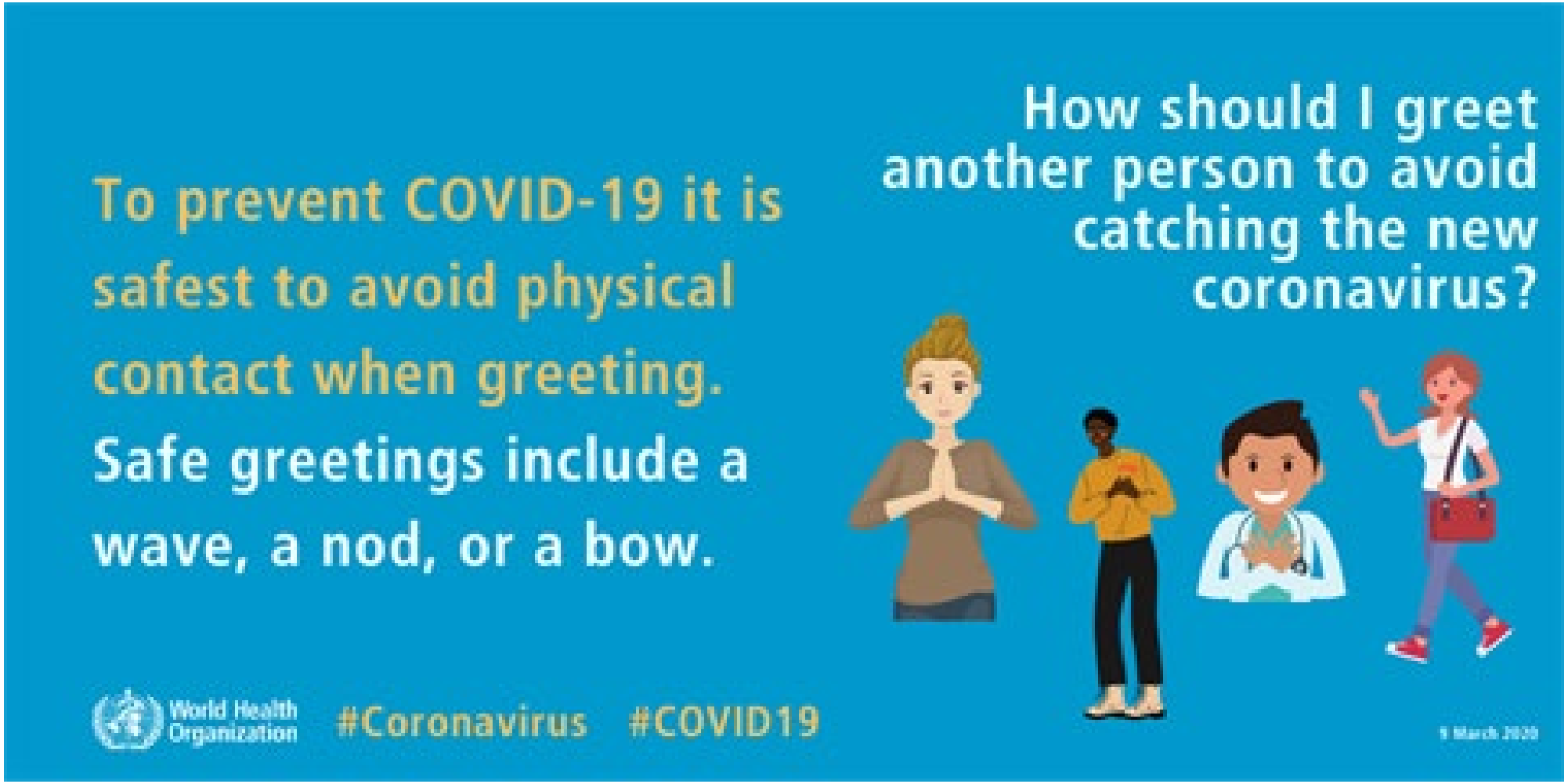


Photo: World Health Organization

3.

Engineering Controls

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3. Engineering Controls

➤Hierarchy of Controls➤

This concept is used as a tool to determine and implement more effective types of controls over controls that may be less effective.

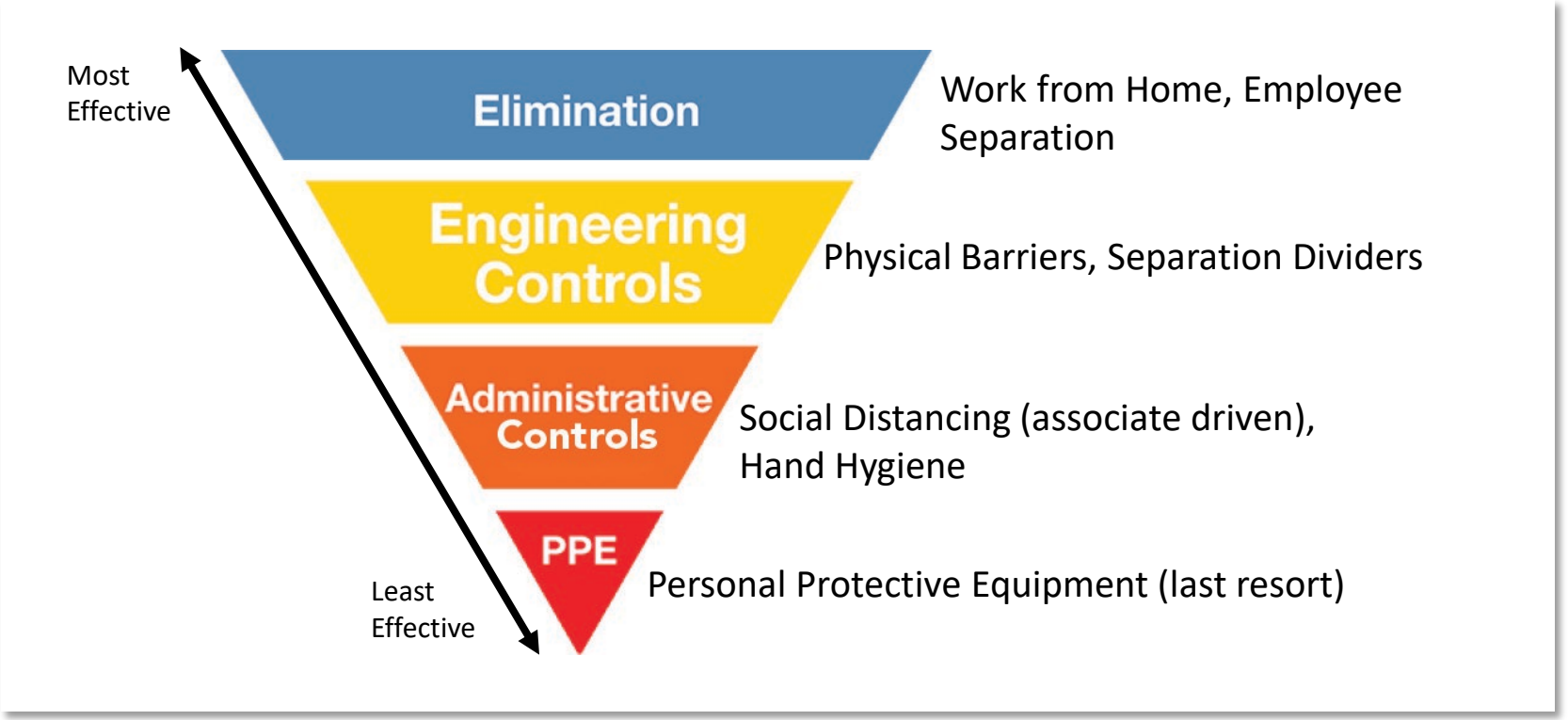

Photo: safetyandhealthmagazine.com


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