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COVID-19 PREVENTION METHODS



Rocky Mountain Tribal Leaders Council

Wash Your Hands!



WASH HANDS

Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.

Especially:

- Before eating or preparing food
- Before touching your face
- After using the restroom
- After leaving a public place
- After blowing your nose, coughing, or sneezing
- After handling your mask
- After changing a diaper
- After caring for someone sick
- After touching animals or pets

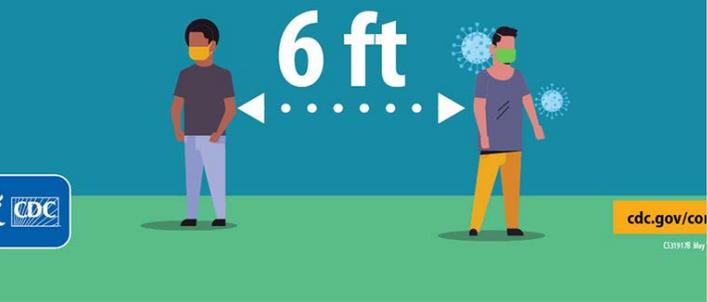


- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

Homemade Solutions:

1. [Click here](#)
2. [Click here](#)

Stay at least 6 feet (about 2 arms' length) from other people.



SOCIAL DISTANCE

Social distancing is reducing physical interaction between people and it lowers the chances of spreading illness between people. Practice social distancing by putting space (at least 6 feet) between yourself and others.

Some ways to cope with social distancing (also known as physical distancing) and the stress COVID-19 may cause:

- Take breaks from watching, reading, or listening to news stories, including social media.
- Take care of your body and mind. Take deep breaths, meditate, stretch, and exercise regularly.
- Try to eat healthy, well-balanced meals.
- Get plenty of sleep.
- Avoid alcohol and drugs.
- Connect with others online or on the phone and talk with people you trust about your concerns.
- Make time to relax and do activities you enjoy that can be done while social distancing.



- Open a window, if possible.
- Stay at home and away from crowds.
- Wait as long as possible before entering the room to clean and disinfect or to use the bathroom.
- Keep people at higher risk separated from anyone who is sick.
- Avoid riding with or providing transportation for multiple passengers, whenever possible.



Always read instructions



Wear protective gear



Do not mix chemicals

*According to a nationally representative survey of 502 U.S. adults—May 4, 2020

CLEAN & DISINFECT

Regularly clean frequently touched surfaces with household cleaners and EPA-registered disinfectants that are appropriate for the surface, following label instructions.

Safety measures:

- Wear reusable or disposable gloves and eye protection.
- Clean surfaces using soap and water, then use disinfectant
- Ensure adequate ventilation
- Use water at room temperature for dilution
- Avoid mixing chemical products
- Label diluted cleaning solutions
- Store and use chemicals out of the reach of children and pets

For Electronics: Use wipes or sprays with at least 70% alcohol and dry thoroughly

For Laundry: Use warmest water setting, dry all items completely, do not shake dirty laundry and disinfect area after completion



Prepare a bleach solution:

- 5 tablespoons (1/3rd cup) of 5.25–8.25% bleach per gallon of room temperature water OR
- 4 teaspoons of 5.25–8.25% bleach per quart of room temperature water
- Solutions will be effective for disinfection up to 24 hours.

5 Place the lid tightly on the container & gently shake it back and forth a few times to mix



6 Never add any other ingredient to the bleach solution





THANK YOU



FOR MORE INFORMATION, PLEASE CONTACT:

ROCKY MOUNTAIN TRIBAL LEADERS COUNCIL

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Resources:

Content sources

- <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>
- <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/social-distancing.html>
- <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html>

Image sources

- <https://www.kidsworldfun.com/images/learn-science/wash-your-hands-after.jpg>
- <https://www.cdc.gov/handwashing/images/wash-your-hands-steps-8x11-sm.jpg>
- https://www.cdc.gov/dotw/covid-19/images/social-distancing_928px.png
- <https://www.timeoutdubai.com/public/images/2020/03/26/social-distancing.jpg>
- https://www.cdc.gov/mmwr/volumes/69/wr/social-media/mm6923e2_KAPSurveyCleaningProducts_IMAGE_05June20_1200x627.jpg
- [https://www.verywellhealth.com/thumb/9Ay6LDhkO4W0EbCmBaU7FVDYzPQ=/3000x2000/filters:no_upscale\(\):max_bytes\(150000\):strip_icc\(\)/make-your-own-disinfectant-solution-998274-V3-5b40b976efc343f08e9baf0e719e9fae.jpge](https://www.verywellhealth.com/thumb/9Ay6LDhkO4W0EbCmBaU7FVDYzPQ=/3000x2000/filters:no_upscale():max_bytes(150000):strip_icc()/make-your-own-disinfectant-solution-998274-V3-5b40b976efc343f08e9baf0e719e9fae.jpge)

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