

# START!!... in the Name of Love

Start taking these important steps to protect yourself and the people you love from COVID-19, and other infections, in your home, your family, your neighborhood and your communities.

*"If 5000 adults get infected, 500 to 1000 will need to go to the hospital, 125 to 250 will need the ICU, and 60 to 125 intubated. On any given day in the Cincinnati area, we have around 30 to 35 open medical ICU beds. Without flattening the rate of new cases, our system will collapse. The only way to keep the rate low is to slow down the spread. The incubation period is five days on average. The time from symptoms to severe symptoms is typically eight days. This means, anything we do today will not be felt for two weeks. We need to START ACTING TODAY and not wait until the situation gets out of control."* — Chris Bernheisel, MD, Cincinnati, Ohio, U.S.A.

## The Five Important Steps to Infection Protection

### Important Step #1: Wash Hands

#### Key Points:

- 1) Use correct handwashing procedure (see video: <https://infectionprotection.twi-institute.com/>  
Reason: Just singing "Happy Birthday" does not guarantee you have killed all the germs on every part of the hands.
- 2) Use soap and water, if soap and water unavailable use sanitizer (60%+ alcohol content).  
Reason: Soapy water dilutes and breaks down dirty buildup, killing germs hiding there; alcohol just kills germs.
- 3) Keep soap, sanitizer and tissues on hand.  
Reason: Make them easy to access and carry, when possible. Use tissues to open doors and turn off faucets.

### Important Step #2: Avoid Touching Face

#### Key Points:

- 1) Eyes, nose and mouth  
Reason: These are portals for germs to enter your body.
- 2) Use a clean tissue on eyes and face.  
Reason: If you must scratch or rub, keep the clean tissue between the germs on your hands and your face.

### An ounce of prevention...

...can save you, your family and your community from Coronavirus.

Prevention avoids illness and possibly death to us and others. Costs are pennies to dollars with prevention verses treatment.

Despite the evidence that spread of the Coronavirus is airborne, the vast majority of the infection transfer occurs indirectly going from a cough/sneeze (or even a breath) to a surface, to a hand touching that surface, and to the face from that hand.

## Important Step #3: Social Distancing

### Key Points:

- 1) Keep two armlengths distance.  
Reason: When in public, keeping a six-foot (two meters) buffer between yourself and others will mitigate the effects of someone sneezing or coughing on you.
- 2) Avoid crowds.  
Reason: There is a good chance that infected people will be in attendance at large gatherings, like sporting events or concerts. They may not know they are sick.
- 3) Don't share personal items like water bottles.  
Reason: You never know where that bottle has been!
- 4) Avoid sick people.  
Reason: Contact with an infected person is the most direct way to get their virus.

## Important Step #4: Clean "High-Touch" Surfaces

### Key Points:

- 1) Objects transfer germs; keep them off tabletops and other surfaces.  
Reason: Cell phones, water bottles or eyeglasses placed casually on tabletops at homes, offices or public places can transfer germs. Clean or wash them regularly.
- 2) Keep cleaning spray or wipes readily available.  
Reason: Transfer can happen around the clock. Wipe down areas close to your body and hands when entering taxis, restaurants, public seating, etc.

## Important Step #5: Stay Healthy / Stay Home when Sick

### Key Points:

- 1) Good sleep, exercise, and less stress  
Reason: It is proven that healthy people ward off viruses better.
- 2) When sick use a face mask.  
Reason: A face mask protects *other* people from *your* germs. It does NOT protect a healthy person from getting sick.
- 3) Avoid going to doctors unless absolutely necessary.  
Reason: There are many sick people and their germs at the doctor's office so avoid going unless it is urgent. Calling for advice may be a good option. Save that doctor's spot for someone who really needs it!

We URGE you to print this and stick it to your refrigerator or tack it to a bulletin board. Use it with the video referenced above to teach your kids and others. Leave it on your desk. Email it to friends and neighbors. START NOW.

Offered as a public service by the TWI Institute.  
For more information on Infection Protection visit: [www.twi-institute.com](http://www.twi-institute.com)

## **INFECTION PROTECTION STEPS**

(For complete steps see video at <https://infectionprotection.twi-institute.com> )

### **Step 1 – WASH HANDS**

- Use correct handwashing procedure
- Use soap and water, if soap and water unavailable use sanitizer (60%+ alcohol)
- Keep sanitizer and tissues with you

### **Step 2 – AVOID TOUCHING FACE**

- Use clean tissue to scratch, rub or touch face

### **Step 3 – SOCIAL DISTANCING**

- Keep six feet (two meters) from others
- Avoid crowds
- Don't share personal items (like water bottles)
- Avoid sick people or those with masks

### **Step 4 – CLEAN “HIGH-TOUCH” SURFACES**

- Objects like cell phones transfer germs
- Clean often
- Keep cleaning spray and wipes readily available to clean surfaces and phones, etc.

### **Step 5 – STAY HEALTHY / STAY HOME IF SICK**

- Sleep well, exercise, and avoid stress
- Use face mask only if sick; masks protect others not you
- Avoid doctor visits unless absolutely necessary

For more detailed instructions that you can use to teach your children and others, stick to your refrigerator or email to friends, visit: <https://infectionprotection.twi-institute.com> .

**AN OUNCE OF PREVENTION CAN PROTECT YOU,  
YOUR FAMILY AND YOUR COMMUNITY**

## **INFECTION PROTECTION**

### **CORONAVIRUS GUIDELINES**

#### ***Planning for an outbreak of infection:***

- Keep adequate supply of water, food, pet food and emergency supply of prescription drugs.
- Plan to care for people at higher risk
- Create emergency contact list: family members, friends, healthcare providers, employers, etc.
- Identify community organizations that can supply information, healthcare services, support and other resources
- Keep on hand a working thermometer and medications like decongestants, expectorants, and analgesics (ibuprofen)
- Ask employer's preparedness plans (e.g. sick-leave policies and telework options)
- Plan for childcare should schools close
- Be prepared for cancellation or disruptions of public transportation



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