



GOODWIN HOUSE

Staying Healthy and Active as You Live Your Lives with COVID-19 Precautions

Information Resources from Goodwin House | March 14, 2020

Infection Precaution Measures for Daily Life

The Center for Disease Control (CDC) recommends the following for proper hand hygiene and respiratory hygiene/cough etiquette:

Hand Washing and Hand Hygiene



1. **Wet** your hands with clean, running water, and apply soap.
2. **Lather** your hands by rubbing them together, ensuring to also soap the backs of your hands, between your fingers, and under your nails.
3. **Scrub** your hands for at least 20 seconds. Tip: Hum the “Happy Birthday” song from beginning to end twice.
4. **Rinse** your hands well under clean, running water.
5. **Dry** your hands using a clean towel or air-dry them.
6. **Avoid** touching your face with your hands.

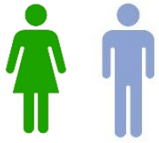
Respiratory Hygiene/Cough Etiquette



- Cover your mouth and nose with a tissue when coughing or sneezing.
- Use in the nearest waste receptacle to dispose of the tissue after use.
- If you don't have a tissue, cough/sneeze into your upper sleeve (not hands).
- Perform hand hygiene (e.g., hand washing with non-antimicrobial soap and water, alcohol-based hand rub, or antiseptic hand wash) after having contact with respiratory secretions and/or contaminated objects/materials.

Infection Precautions at Home and Outside Your Home

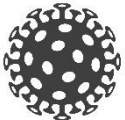
- Wipe down high touch surfaces at least once a day with a disinfectant wipe.
- Remember to frequently wipe down your mobile phone, laptop and car steering wheel.
- Wipe down shopping cart handles with the disinfectant wipes that many stores provide and wipe your hands as you leave.
- Practice social distancing. Stay home as much as possible, and when out keep at least six feet distance from others.
- Place your doctor's phone number in handy places in your home, including bedside.



Staying Active and Socially Connected

- Set “phone dates” with family and friends.
- Use video calling with your tablet or cell phone to see the person while talking. Apple devices have the FaceTime App and there are many other free or low cost video conferencing options such as Skype.
- Start new traditions. For example, select a topic every week. Email friends and family and invite them to discuss.
- If you exercise, adapt an exercise routine you can do easily at home. [AARP has vast online resources for healthy living](#), exercise plans, tips for improving posture and balance and more. Now is a great time to familiarize yourself with these resources and give them a try! Exercise can increase T-cells, which are lymphocyte immune cells that protect the body from pathogens and are particularly helpful right now.
- With the recent warmer weather in our region, enjoy a daily walk in your neighborhood.
- Take this time to tackle projects in your home you’ve wanted to do!
- Develop a learning plan for new topics or a language. There are many free or low-cost online learning resources.

These simple measures can make a big difference in keeping mentally and physically active and socially engaged through technology while protecting yourself, your loved ones and our region.



CORONAVIRUS
(Novel Coronavirus)

Infection Precaution Resources

The following resources may also be of interest and help you stay informed:

- **World Health Organization: Coronavirus Disease (COVID-19) Outbreak**
www.who.int/emergencies/diseases/novel-coronavirus-2019
- **American Chemistry Council: Novel Coronavirus (COVID-19) – Fighting Products**
www.americanchemistry.com/Novel-Coronavirus-Fighting-Products-List.pdf