

## Family Health Advisory From Student Health Services – 2020

This is Flu Season, Cold Season, Allergy Season, and there is a Current Corona Virus Pandemic:

Hand Washing:

Basic handwashing is being advised for 20 seconds with soap and water. Make sure to cover palms, back of hand, webbing or between fingers, and as best under nails. I have attached a handout for handwashing.

In addition, the CDC recommends:

Hand hygiene and other preventive measures

- Household members should [clean hands](#) often, including immediately after removing gloves and after contact with an ill person, by washing hands with soap and water for 20 seconds. If soap and water are not available and hands are not visibly dirty, an alcohol-based hand sanitizer that contains at least 60% alcohol may be used. However, if hands are visibly dirty, always wash hands with soap and water.
- Household members should follow normal preventive actions while at work and home including recommended [hand hygiene](#) and avoiding touching eyes, nose, or mouth with unwashed hands.
  - Additional key times to clean hands include:
    - After blowing one's nose, coughing, or sneezing
    - After using the restroom
    - Before eating or preparing food
    - After contact with animals or pets
    - Before and after providing routine care for another person who needs assistance (e.g. a child)

Basic Medication on hand:

Keep a bottle (or two at most) of Ibuprofen and Acetaminophen on hand for fever and body ache.

Cough Medicine (type advised by personal Doctor or Pharmacist) for cough.

Allergy Medication should be taken on High Alert Days before leaving the house. Anticipate where you are going and doing that day – pre-medicate.

### Medical Equipment:

A good Thermometer that has clear large digital readout in Fahrenheit/Celsius (keep it clean after use with alcohol wipes or hot water and soap). Gloves (one box) can be worn when working with an ill family member or person. Gloves do not replace good handwashing.

Hand sanitizer with 60% alcohol – a few bottles on hand. Good for Colds, Flu, and quick or temporary hand cleanliness. Not to be replaced by Handwashing with Soap and Water.

An N-95 mask for the Ill person and one for the Caretaker (no need to wear in Public unless you are contagious).

### Body Contact:

Maintain 6ft distance when possible. **Be friendly and courteous.....treat others as you want to be treated.**

### In addition, CDC recommends:

**Older adults and people who have severe underlying chronic medical conditions** like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness. Stay at home as much as you can if possible. Get out for a walk on your own to mitigate Cabin fever.

### Basic Care of Body while Ill:

Choose a room in your house that can be used to separate sick household members from others.

Keep Hydrated (water) with liquids like Gatorade, Electrolyte solutions (reasonable stock for 14 days for those who are ill). Start with clear nutritious liquids like Broth's to eat. Please remember that Hoarding is not helpful to others who also needs to take care of those who are ill and caretakers of those who are ill.

In addition, CDC recommends:

### Other considerations

- The ill person should eat/be fed in their room if possible. Non-disposable food service items used should be handled with gloves and washed with hot water or in a dishwasher. [Clean hands](#) after handling used food service items.
- If possible, dedicate a lined trash can for the ill person. Use gloves when removing garbage bags, handling, and disposing of trash. [Wash hands](#) after handling or disposing of trash.
- Consider consulting with your local health department about trash disposal guidance if available.

In addition, CDC recommends:

## 10 things you can do to manage your health at home

*If you have possible or confirmed COVID-19:*

1. Stay home from work, school, and away from other public places. If you must go out, avoid using any kind of public transportation, ridesharing, or taxis.
2. Monitor your symptoms carefully. If your symptoms get worse, call your healthcare provider immediately.
3. Get rest and stay hydrated.
4. If you have a medical appointment, call the healthcare provider ahead of time and tell them that you have or may have COVID-19.
5. For medical emergencies, call 911 and notify the dispatch personnel that you have or may have COVID-19.
6. Cover your cough and sneezes.
7. Wash your hands often with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.
8. As much as possible, stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a facemask.
9. Avoid sharing personal items with other people in your household, like dishes, towels, and bedding
10. Clean all surfaces that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.

**For any additional questions about your care, contact your healthcare provider or state or local health department.**

## Understand the difference between the Flu, A Cold, and Corona Virus:

Symptoms:	Cold	Flu	Corona
Fever	Rare	Yes, often high	Yes
Cough	Mild to moderate	Yes	Yes, typically dry
Shortness of Breath	Rare	Yes	Yes
Fatigue, Weakness	Mild	Yes	Yes
Headache	Rare	Yes	Sometimes

Muscle Ache	Slight	Yes, often	Yes
Sneezing	Common	Sometime	No
Sore Throat	Common	Sometimes	Sometimes
Stuffy or Runny Nose	Common	Sometimes	Rare

Understand Corona Virus Symptoms from the Experts:

Place cursor over link and press Ctrl then click link (if not working directly)

<https://www.webmd.com/lung/news/20200310/know-the-symptoms-of-covid19>

Keep an accurate list of family, relatives, or neighborhood friends for contacting if you need help.

Keep a list of Reputable websites for accurate and factual information on the current situation:

<https://www.smchealth.org> for San Mateo Local Information

<https://www.cdph.ca.gov> for California State information

[Cdc.gov](https://www.cdc.gov) for Country (USA) wide information and details about Contagious Diseases

<https://www.who.int> for Worldwide information

# Wash Your Hands!

