



Awareness and Prevention tips
for
Coronavirus
(COVID-19)

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using your mouse or keyboard.



Optimae provides ongoing communication, coordination and planning using updated guidance from our county, state and federal health partners.



Since the COVID-19 virus is a "novel" (meaning new) virus, we continue to learn about how to keep ourselves safe. Therefore, Optimae is providing our employees with guidance to reduce COVID's spread.





Coronaviruses are a type of virus. There are many different kinds, and some cause disease.



One identified type of
Coronavirus has caused
an outbreak of respiratory
illness called COVID-19.

To protect our employees
and customers from this
infectious disease...





We are providing these COVID-19 awareness and prevention tips.

Awareness and Prevention...

Symptoms of Coronavirus COVID-19...

How it Spreads...

How to Prevent it...

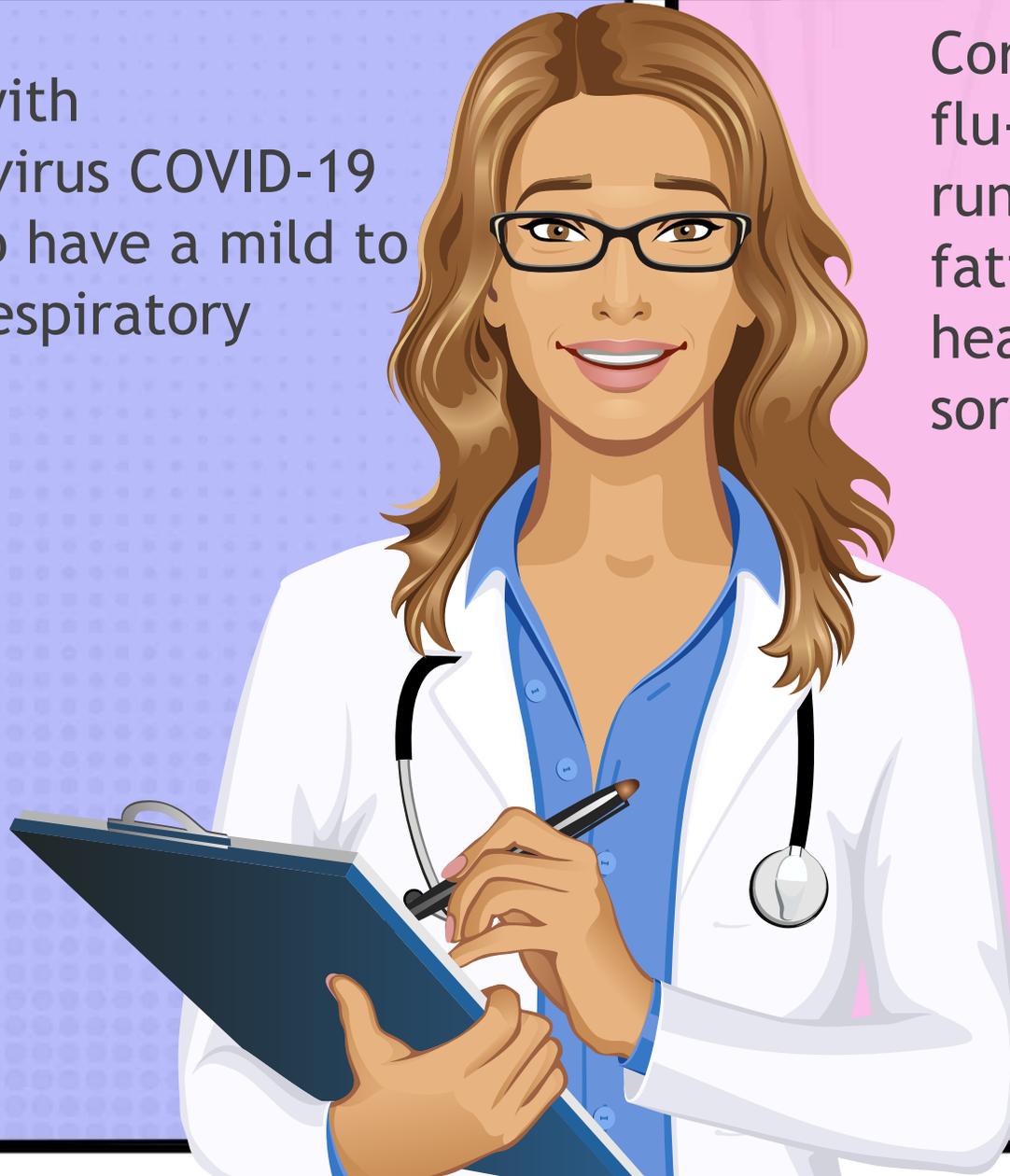
Symptoms of Coronavirus COVID-19...

People with Coronavirus COVID-19 report to have a mild to severe respiratory illness.



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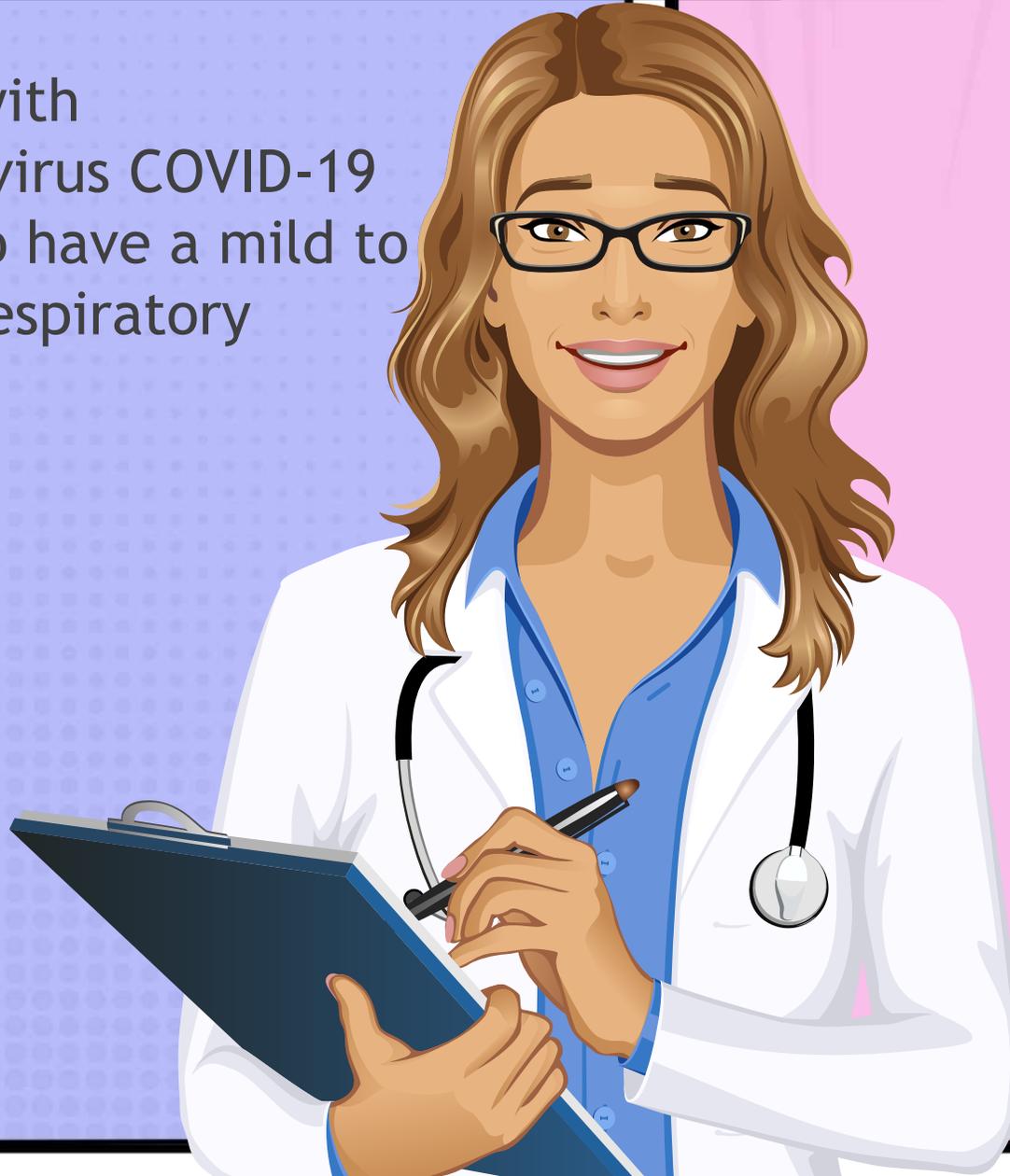


Coronavirus symptoms are generally flu-like and include fever, cough, runny nose, difficulty breathing, fatigue, muscle/body aches, headache, new loss of taste/smell, sore throat, nausea or diarrhea.

- Fever or chills
- Cough, sore throat
- Runny nose
- Shortness of breath
- Fatigue
- Muscle/body aches
- Headache
- Loss of taste/smell
- Nausea or diarrhea

Symptoms of Coronavirus COVID-19...

People with Coronavirus COVID-19 report to have a mild to severe respiratory illness.



Symptoms may appear within two to 14 days after exposure.

How it Spreads...



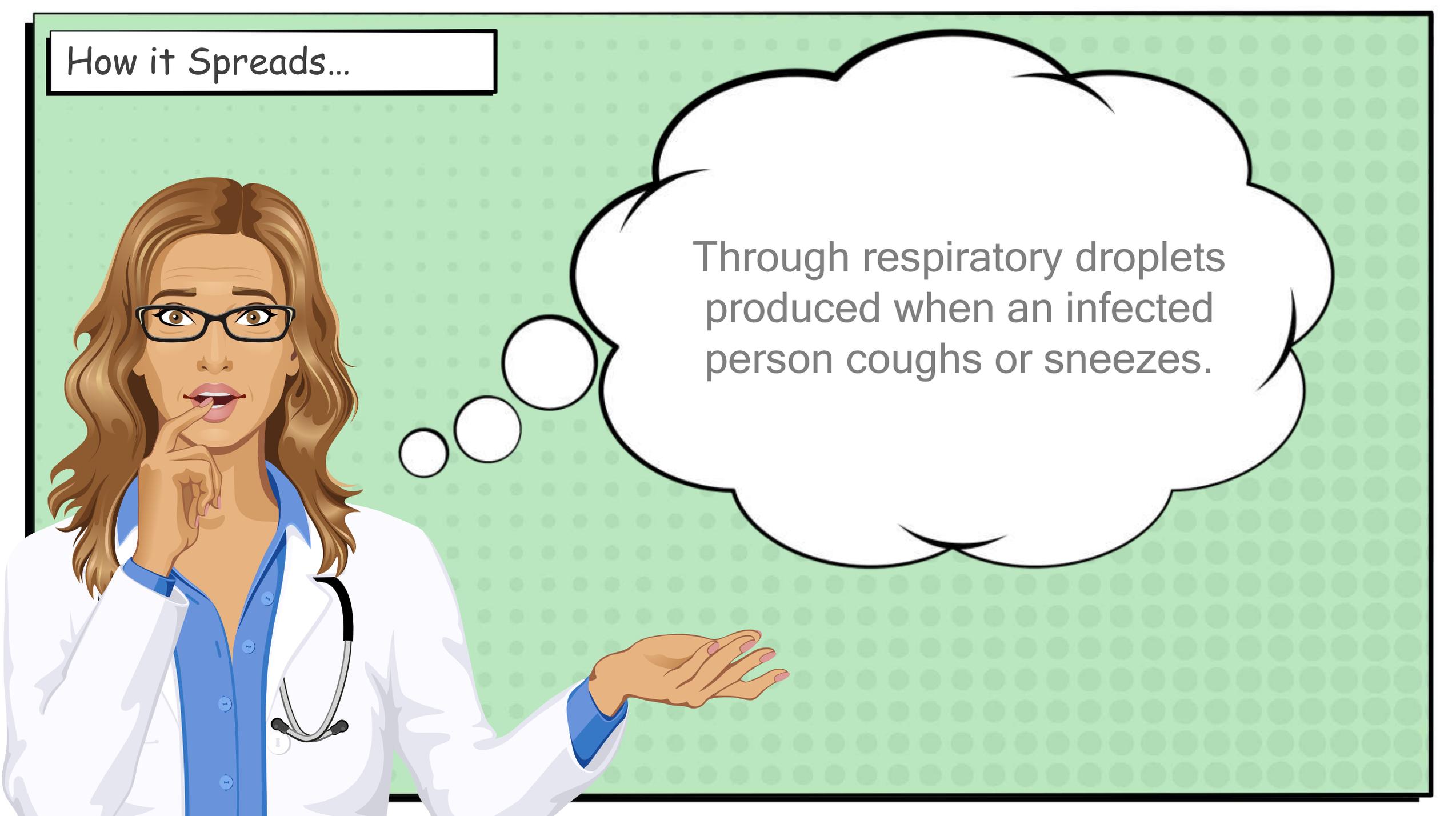
The virus is thought to spread mainly from person-to-person.

How it Spreads...



Between people who are in close contact with one another (within about 6 feet).

How it Spreads...



Through respiratory droplets produced when an infected person coughs or sneezes.

How it Spreads...



It is possible to get Coronavirus by touching a surface or object that has the virus on it.

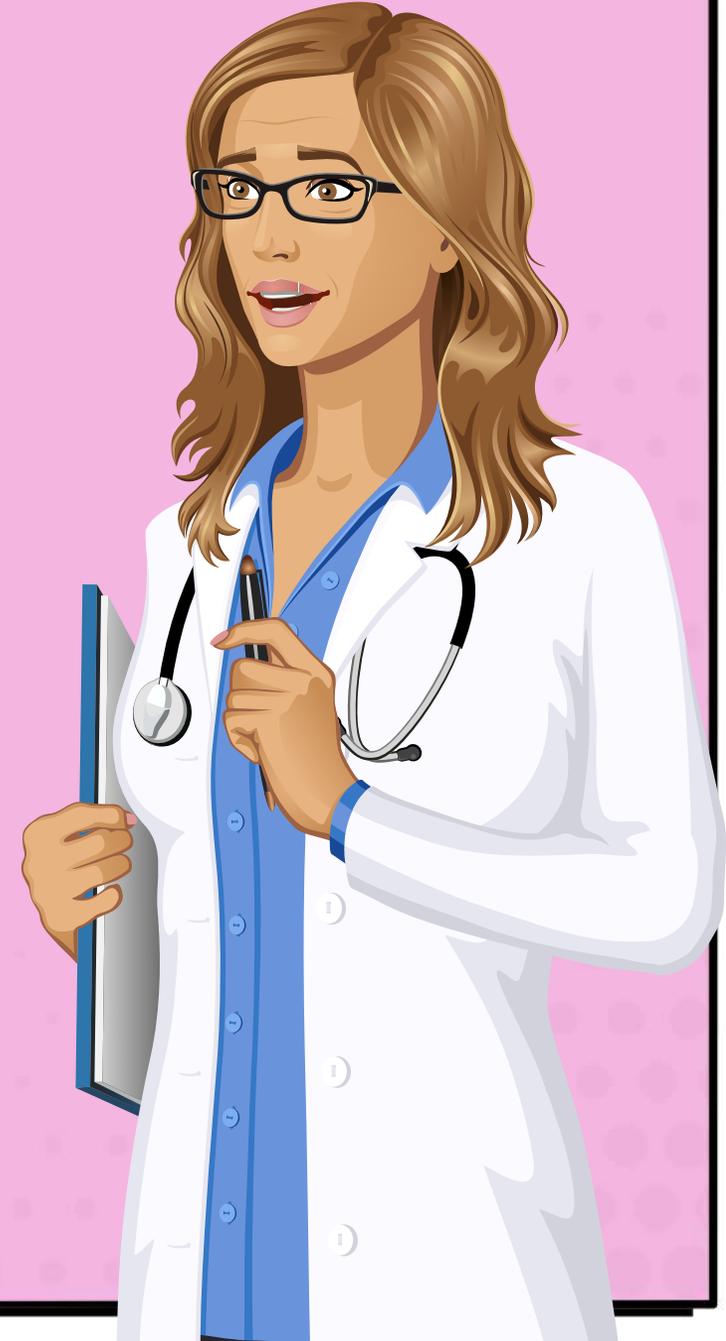
How it Spreads...



Then touching your own mouth,
nose, or your eyes.

How it Spreads...

Can someone spread the virus without being sick?



How it Spreads...



Can someone spread the virus without being sick?



Yes, an individual can be asymptomatic (display no symptoms) and still carry the virus.

How it Spreads...

How easily
does the virus
spread?



How it Spreads...

How easily does the virus spread?

Coronavirus seems to be spreading easily and sustainably in the community.



How it Spreads...



“Community spread” means people have been infected with the virus in an area, including some who are not sure how or where they became infected.

Prevention...

As of Jan. '21, two vaccines have the FDA's emergency authorization to prevent COVID. As vaccines are released, we must keep our protocols.



Prevention...

1. Avoid Exposure.

You should avoid close contact with anyone outside your household.



Prevention...

1. Avoid exposure.
2. Clean your hands.

Wash hands often with soap and water or use an alcohol-based hand sanitizer that contains 60 to 95% alcohol.



Prevention...

1. Avoid exposure.
2. Clean your hands.

Cover all surfaces of your hands and rubbing them together until they feel dry.



Prevention...

1. Avoid exposure.
2. Clean your hands.
3. Cover your coughs or sneezes.

Cover your mouth and nose with a tissue when you cough or sneeze.



Prevention...

1. Avoid Exposure.
2. Clean your hands.
3. Cover your coughs or sneezes.

Throw used tissues in a lined trash can.



Prevention...

1. Avoid Exposure.
2. Clean your hands.
3. Cover your coughs or sneezes.

Immediately wash your hands or clean your hands with an alcohol-based hand sanitizer.



Prevention...

1. Avoid Exposure.
2. Clean your hands.
3. Cover your coughs or sneezes.
4. Avoid touching your eyes, nose, and mouth.



Avoid touching your eyes, nose, and mouth with unwashed hands.

Prevention...

1. Avoid Exposure.
2. Clean your hands.
3. Cover your coughs or sneezes.
4. Avoid touching your eyes, nose, and mouth.
5. Clean all "high-touch" surfaces.



Clean all
"high-touch" surfaces
every day.

Prevention...

1. Avoid Exposure.
2. Clean your hands.
3. Cover your coughs or sneezes.
4. Avoid touching your eyes, nose, and mouth.
5. Clean all "high-touch" surfaces.



High touch surfaces include office desks, tabletops, doorknobs, phones, computers, mice and keyboards.

Prevention...

1. Avoid Exposure.
2. Clean your hands.
3. Cover your coughs or sneezes.
4. Avoid touching your eyes, nose, and mouth.
5. Clean all "high-touch" surfaces.
6. Avoid sharing personal items.

You should not share dishes, drinking glasses, cups, or eating utensils with others.



Prevention...

1. Avoid Exposure.
2. Clean your hands.
3. Cover your coughs or sneezes.
4. Avoid touching your eyes, nose, and mouth.
5. Clean all "high-touch" surfaces.
6. Avoid sharing personal items.

After using these items, they should be washed thoroughly with soap and water.



Final thoughts....

If you develop a fever, loss of taste or smell, or symptoms of respiratory illness, contact a healthcare professional.



Final thoughts....

Stay home! Avoid coming into work, school, or public areas. You should seek medical care immediately.





Anyone with additional
questions should
communicate with:
diseasecontrol
@optimaeliveservices.com

Thank
You

Optimae

LIFESERVICES.
At your side. On your side.

5/17/12