

CORONAVIRUS: WHAT YOU CAN DO FOR YOU AND YOUR COMMUNITY

The coronavirus continues to spread worldwide. Here are three simple steps to stay informed, prepare your family, and do your part to protect your community.

FIRST: FOLLOW THE DATA

- The percentage COVID-19 cases in Yakima County is more than three times higher than the state average (17.8% vs. 4.9%, as of September 11, 2020 11:43AM PT).
- The percentage COVID-19 cases in Yakima County is higher than neighboring counties (Benton, Grant, Kittitas, Klickitat, Lewis, and Skamania)
- **This means COVID-19 is spreading faster in your community.**

County	Percent Positive ^a	Percent of Deaths ^b
All counties (WA State)	4.9%	2.5%
Yakima	17.8%	2.2%
Benton	14.5%	3.0%
Grant	14.3%	0.7%
Kittitas	4.5%	4.6%
Klickitat	4.5%	1.6%
Lewis	4.3%	1.0%
Skamania	3.2%	1.7%

a= confirmed cases/total number of tests
b= deaths/confirmed cases

SECOND: FOLLOW THE INFORMATION SUPPORTED BY SCIENCE

- What the science says about how to prevent yourself from getting sick:



Wash your hands often with soap and water for at least 20 seconds and avoid touching your face with unwashed hands.



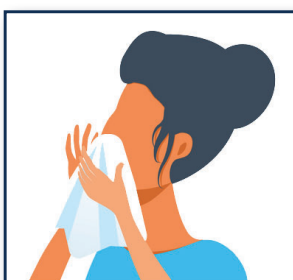
Clean and disinfect frequently touched surfaces, such as tables, doorknobs, light switches, countertops, faucets, and phones.



Stay at home as much as possible, and if you are sick, and avoid close contact with people who are sick.



Don't have visitors unless they need to be in your home.



Cover your cough or sneeze with the inside of your elbow or tissue and throw used tissues in the trash. Immediately wash your hands.



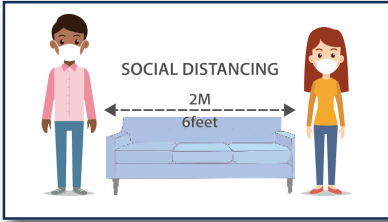
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Updated 09/11/2020

FOLLOW THE INFORMATION SUPPORTED BY SCIENCE

- What the science says about how to keep yourself safe when you go outside your home:



Stay at least 6 feet away from others.

To help you visualize what 6 feet looks like, picture the length of a door, mattress, dining room table, or sofa.

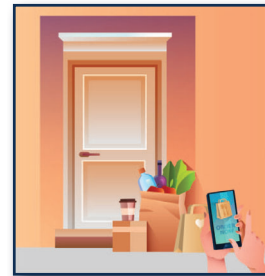


Wear a cloth face mask that covers your nose and mouth.* *(Please see the note below)*

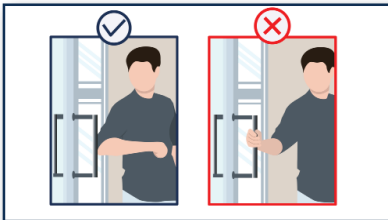


Avoid public transportation, ride-sharing, or taxis.

Don't ride in a car with members of different households.** *(Please see the note below)*



Get deliveries and takeout and limit in-person contact as much as possible.** *(Please see the note below)*




Don't touch frequently touched surfaces in public areas, such as elevator buttons and handrails.

THIRD: CORRECT MISINFORMATION

- Here are some examples of misinformation. For more go to: *World Health Organization/myth-busters*

FACT:
Adding pepper to your soup or other meals **DOES NOT prevent or cure COVID-19.**

Hot peppers in your food, though very tasty, cannot prevent or cure COVID-19. The best way to protect yourself against the new coronavirus is to keep at least 1 metre away from others and to wash your hands frequently and thoroughly. It is also beneficial for your general health to maintain a balanced diet, stay well hydrated, exercise regularly and sleep well.



World Health Organization #Coronavirus #COVID19 27 April 2020

FACT:
Spraying or introducing bleach or another disinfectant into your body **WILL NOT protect you against COVID-19 and can be dangerous**

Do not under any circumstance spray or introduce bleach or any other disinfectant into your body. These substances can be poisonous if ingested and cause irritation and damage to your skin and eyes.

Bleach and disinfectant should be used carefully to disinfect surfaces only.

Remember to keep chlorine (bleach) and other disinfectants out of the reach of children.



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NOTES

*Information on how to make and wear a mask can be found in the CDC website. <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

**Not everyone can avoid taking public transportation and order grocery or meal deliveries. But experts recommend limiting these activities to the extent that you are able and always wear a mask when you go outside home.



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