

COVID-19

Here are some things to consider to keep yourself, your loved ones, and your community healthy!

At Risk Populations

In the face of this pandemic, certain populations are at a high risk of infection and serious complications. Older adults aged >65 are at an increased risk of serious illness from COVID-19 infection. Persons with weakened immune systems or who have a history of lung disease, heart disease, or diabetes are also at high risk. Please consider whether your travel plans will increase the risk of disease transmission to people in these groups, such as going home to visit a parent or grandparent. We are now aware that healthy young people can be affected by and transmit the virus, sometimes without symptoms.

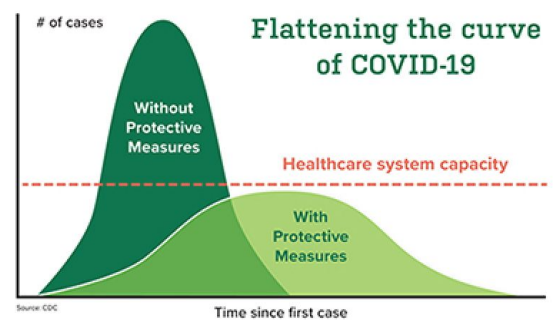
Social Distancing

The goal of social distancing is to increase the physical space between people and decrease the risk of transmitting the virus. Ways you should participate in social distancing include:

- Cancelling nonessential travel plans
- Avoid large, crowded public spaces
- Work/attend classes from home Visit with friends and loved ones via electronic devices instead of in person
- Limit close contact with others to 6 feet or more

Flattening the Curve

Your choices today do matter! Flattening the curve means taking isolation measures to keep the daily number of outbreaks to a manageable level for our health care system. Heed advice from medical officials and take care of yourself. Practice social distancing and follow community specific recommendations from our local government officials.



Stay Home, Stay Healthy

As of 3/25 Governor Jay Inslee's Stay Home, Stay Healthy proclamation went into effect. The proclamation mandates that people should stay in their homes and avoid events such as weddings, funerals, concerts, sporting events, faith-based events, or similar activities. You are permitted to leave your home for specific activities such as:

- Engaging or performing tasks essential to health and safety
- Obtaining necessary supplies or delivering supplies to others
- Caring for a family member or pet in another household
- Performing work at an essential business or perform minimum basic operations
- Outdoor activities (run, hike, etc.) as long as social distancing guidelines are met

Protect Yourself & Others

- 80% of infections are asymptomatic or mild but transmission is still possible
- Frequently wash your hands for at least 20 seconds (sing the happy birthday song twice!)
- Cough or sneeze into your elbow or a tissue and dispose immediately
- If you're sick, stay home
- Practice social distancing
- Avoid touching people unnecessarily (ie. shaking hands and hugging)
- Try to keep your hands away from your eyes, mouth, and face.

This information was prepared by students in Pacific Lutheran University's NURS 430: Situations in Community Health course as of April 17, 2020 and is meant for informational purposes only. Nothing provided in this format is intended to be a substitute for professional medical advice, diagnosis, or treatment.

Always seek the advice of your physician with any questions you may have regarding a medical condition or mental disorder. Never disregard professional medical advice or delay in seeking it because of something you read on this website.

References

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