

# COVID/19

## Practice Social Distancing

- Put distance between yourself and other people whenever possible (min 6 ft). This is especially important for people who are at higher risk for getting sick including:
  - Older adults
  - People who have serious chronic medical conditions like:
    - Heart disease
    - Diabetes
    - Lung disease
- Avoid gathering in public places. Try to be at home as much as possible.
- Minimize social contact, and that means limiting all social engagements, including gatherings among friends.

## Home-Made Hand Sanitizer:

### You Will Need:

- Alcohol (at least 60% alcohol value)
  - Aloe Vera Gel
  - Tea Tree and Lavender Oils
1. Fill bottle  $\frac{2}{3}$  to  $\frac{3}{4}$  of the way with alcohol
  2. Add 10-15 drops of each essential oil
  3. Fill the remainder of the bottle with aloe vera gel

### Note:

HAND WASHING WITH REGULAR SOAP AND WATER IS ALWAYS BEST FOR KILLING GERMS!

## Immune Builders

Boosting your immune system in conjunction with good hand-washing and disinfecting practices can aid in the prevention of coronavirus.

- Ginger
- Garlic
- Broccoli
- Watermelon
- Sweet Potatoes
- Acai Berries
- Honey
- Spinach
- Turmeric
- Oyster
- Almonds
- Mushrooms
- Papaya
- Oranges
- Lemons
- Limes
- Grapefruit
- Miso
- Green Tea
- Black Tea
- Sunflower Seeds
- Kiwi
- Red Bell Peppers
- Elderberries\*\*
- Echinacea
- Vitamin C
- Zinc
- Proper Rest
- Exercise
- Hydration

\*\*Elderberry come in various forms (Berries on or off the vine, liquid, & capsules to name a few)

## KNOW YOUR SYMPTOMS

CORONAVIRUS	FLU	ALLERGIES
<ul style="list-style-type: none"><li>• Fever</li><li>• Cough</li><li>• Shortness of breath, or difficulty breathing</li><li>• Symptoms appear 2-14 days after exposure</li></ul>	<ul style="list-style-type: none"><li>• Fever</li><li>• Cough</li><li>• Muscle aches</li><li>• Fatigue &amp; weakness</li><li>• Chills &amp; sweats</li><li>• Congestion</li><li>• Sore throat</li></ul>	<ul style="list-style-type: none"><li>• Sneezing</li><li>• Itchy nose, eyes or roof of the mouth</li><li>• Runny, stuffy nose</li><li>• Watery, red or swollen eyes</li></ul>



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# CORONAVIRUS

# WHAT YOU NEED TO KNOW AND HOW TO PREPARE

# COVID/19

## What Is Coronavirus?

Coronaviruses (CoV) are a large family of viruses that causes illness illnesses ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS-CoV) and Severe Acute Respiratory Syndrome (SARS-CoV). COVID-19 is a new strain of coronavirus that has not been previously identified in humans.

Though some people's illnesses will be severe, the vast majority of COVID-19 illnesses are probably going to be relatively mild, even asymptomatic. A recent report from China looking at over 72,000 infected people shows 80% of cases are mild.

## How Is It Spread?

Early evidence suggests the coronavirus mainly spreads through respiratory droplets that float through the air when an infected person coughs or sneezes. Those droplets can either land on you; making you sick, or they can fall onto a surface and take up residency for some time. Newer research suggests that COVID-19 may also spread through feces. For example: A person doesn't wipe efficiently, traces of feces cling onto their hands. If they then touch a doorknob, the virus could be transmitted to someone else who might touch it later.

## How Long Can It Live on Surfaces and Does Disinfecting Work?

- Coronavirus can live about **9 days** on most surfaces at room temperature.
- To disinfect surfaces, **use a solution with 62-100% alcohol** or low concentration bleach.
- If using wipes, **wipe once and throw away** as to not spread onto another surface

## Do Masks Work?

In short, yes! Newer research suggests that a well-fitted surgical mask, in practice appears to provide good protection. According to an article from [smartairfilters.com](http://smartairfilters.com), even a cotton handkerchief would provide around 60% protection (vs 99% from a good N95 filter). Wear a mask whenever available. Or use items like cloth bandanas or scarves

## Things To Remember:

- **Stock up on** bottled water, canned goods, and other non perishables.
- **Stock up on** any prescription or over the counter medications
- **Stock up on** any items you may need in the event of a quarantine.

## Take Steps To Protect Yourself:

- Stay at home when sick
- Cover coughs and sneezes with tissue (then throw away) or with elbow or upper arm.
- Wash hands often with soap and water (at least 20 seconds; sing the happy birthday song twice)
- Use hand sanitizer with at least 60% alcohol if don't have soap and water accessible
- Routinely clean and disinfect frequently touched surfaces and items such as phones, toys, tv remotes, computer keyboards, desks, door knobs. At least 3 times a day. Can use bleach water solution.
- Try not to touch surfaces and objects that are used and shared often
- Try to keep distance from people who are sick
- Wash hands before touching eyes, nose or mouth
- Wash hands before and after eating and using the bathroom
- Wash your laundry with hot water
- Most people don't give bleach enough time to work its magic, though, so make a point to apply it, let it sit for a while, then wipe it clean
- Use liquid soap as opposed to a bar.
- Dry your hands with paper towels, not cloth towels, to avoid spreading microorganisms around.



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