



## STOP THE SPREAD OF COVID-19

### What is COVID-19?

According to the [World Health Organization](#), COVID-19 is a new strain of the Coronavirus. Coronaviruses are a family of viruses that cause illnesses ranging from the common cold, headaches, difficulty breathing to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS).

### How To Protect Yourself From COVID-19



#### Know How it Spreads

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).

- **The best way to prevent illness is to avoid being exposed to this virus.**
- The virus is thought to **spread mainly from person-to-person.**
- Between people who are in close contact with one another (**within about 6 feet**).



## Take steps to protect yourself

### Clean your hands often

- **Wash your hands** often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.



### Avoid close contact

- **Avoid close contact** with people who are sick
- Put **distance between yourself and other people** if COVID-19 is spreading in your community. *This is especially important for people who are at higher risk of getting very sick.*

## Take steps to protect others



### Stay home if you're sick

- **Stay home** if you are sick, except to get medical care. If you suspect that you are sick, call the **Barbados COVID-19 Hotline, 1-246-536-4500**.



### Cover coughs and sneezes

- **Cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow.
- **Throw used tissues** in the trash.
- Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a **hand sanitizer that contains at least 60% alcohol**.



## Wear a facemask if you are sick

- **If you are sick:** You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then you should do your best to cover your coughs and sneezes, and people who are caring for you should wear a facemask if they enter your room.
- **If you are NOT sick:** You do not need to wear a facemask unless you are caring for someone who is sick (and they are not able to wear a facemask). Facemasks may be in short supply and they should be saved for caregivers.



## Clean and disinfect

- **Clean AND disinfect frequently touched surfaces daily.** This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- **If surfaces are dirty, clean them:** Use detergent or soap and water prior to disinfection.

### **To disinfect:**

Most common EPA-registered household disinfectants will work. Use disinfectants appropriate for the surface.

### **Options include:**

- **Diluting your household bleach.**  
To make a bleach solution, mix:
  - **5 tablespoons (1/3rd cup) bleach per gallon of water**  
OR
  - **4 teaspoons bleach per quart of water**

Follow manufacturer's instructions for application and proper ventilation. Check to ensure the product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser. Unexpired household bleach will be effective against coronaviruses when properly diluted.

- **Alcohol solutions.**  
Ensure solution has at least 70% alcohol.

## **Citation Resources**

- CDC, Coronavirus Disease 2019 (COVID-19),  
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>
- World Health Organisation Coronavirus, Seven Steps to Prevent the Spread of the Virus,  
[https://www.youtube.com/watch?v=8c\\_UJwLq8PI](https://www.youtube.com/watch?v=8c_UJwLq8PI)
- World Health Organisation, How to Protect Yourself Against COVID-19  
<https://www.youtube.com/watch?v=1APwq1df6Mw>