Measures against COVID-19 infection in the population

OWOH Research Forum

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COVID-19 infects young people

Age distribution of US COVID-19 cases

Percent share of cases in each age bracket

Source: Centers for Disease Control and Prevention COVID-19 Response Team.
Percentages don't add to 100% due to rounding.

BUSINESS INSIDER
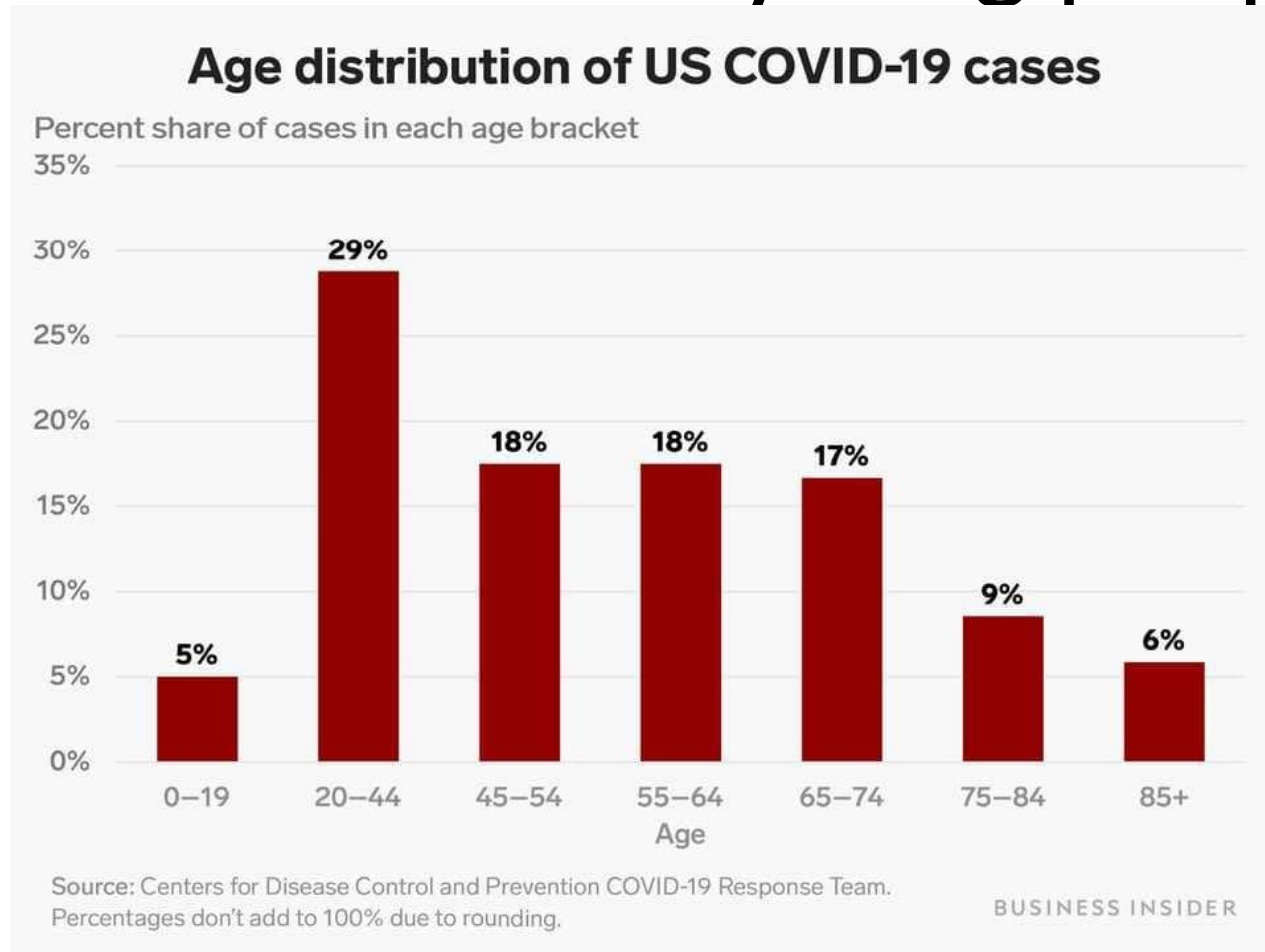
Recent reports indicate that many young people are infected, and that people of all ages are at risk

Infected youth visits to hospitals unchanged
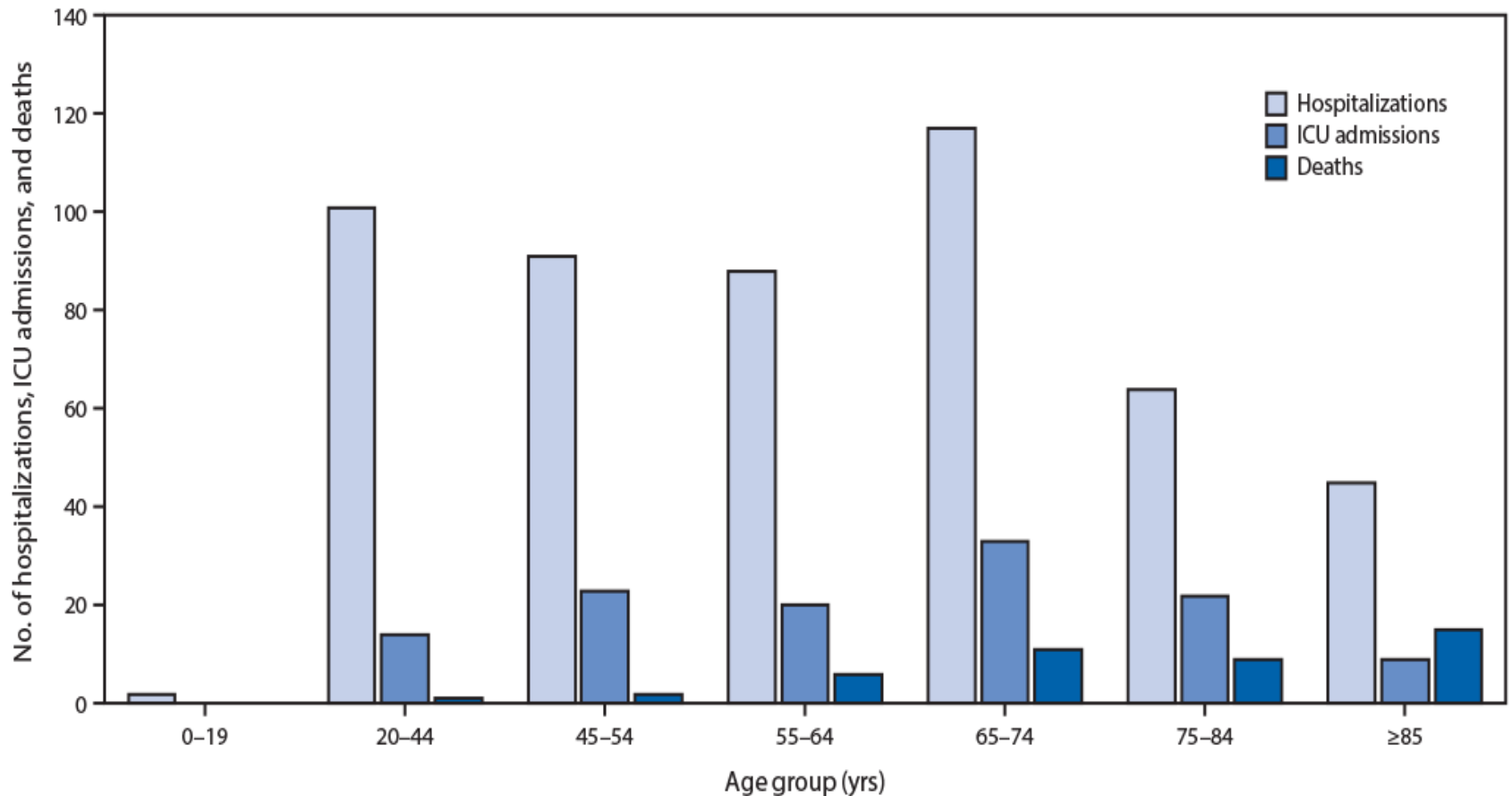
The case of going sick with a virus infection going to the hospital remains the same from young to old. Students should know that they have both the risk of transmitting the virus and the risk of transmitting the virus to others.
CDC Content source: Centers for Disease Control and Prevention

Measures against COVID-19 infection

Understand the symptoms and respond appropriately

— Fever fever 37 degrees or more

— When there is Cough Seki

— Shortness of breath Throat discomfort and difficulty breathing

Correspondence

— Stay home when you are sick

— Stay at home and, if possible, report on class assignments via UNIPA

— Classwork submissions due before the deadline are considered attendance

— Call your health care provider's office in advance of a visit

— Consult your GP if you have any pre-existing illness

— When going to the hospital, inquire by phone in advance * Contact information confirmation

— Limit movement in the community

— Avoid going out (may transfer to others)

Limit visitors

— Do not visit, as it may infect visitors

How to Protect Yourself

1. Know How it Spreads

2. Take steps to protect yourself

3. Take steps to protect others
   - Stay home if you're sick
   - Cover coughs and sneezes
   - Wear a facemask if you are sick
   - Clean and disinfect

COVID-19(SARS-CoV2)

- Currently, there is no vaccine to prevent coronavirus disease 2019 (COVID-19).
- The best way to prevent the disease is to avoid transmission of this virus.
- The virus is thought to spread primarily from person to person.
- When in close contact (within 2 meters), respiratory droplets can be a factor when infected people cough or sneeze.
- These droplets can be inhaled into the lungs of a nearby person or adhere to the mouth and nose of a person.
- Virus infection spreads like this

Protect yourself from virus infection

- Frequently clean your hands

- Wash your hands with soap and water for at least 20-30 seconds, especially after going to public places or blowing your nose, coughing, or sneezing.

- If soap and water are not readily available, use a hand sanitizer containing at least 60% alcohol.

- When doing so, cover all surfaces of the hand with liquid and rub with both hands until dry.

- Do not touch eyes, nose or mouth with unwashed hands.

- Most viral infections are transmitted by transferring the virus from the hand to the eyes, nose and mouth.

- Avoid close contact

- Avoid close contact with sick people

- If COVID-19 is widespread in your community, keep yourself and others apart. This is especially important

Not to infect others

- If you are sick and stay at home, stay home except for medical care.

- Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.

- Discard the used tissue 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 containing at least 60% alcohol.

- Wear a mask if you are ill (seki, runny nose, breathing abnormality)

- If you are sick: When you are around another person (such as sharing a room or car), you must wear a face mask before entering the healthcare provider's office.

- If you cannot wear a mask (for example, to cause difficulty breathing), wear a mask if you enter your room to cover your cough or sneeze.

- If you are not sick: you do not need to wear a mask unless you are caring for a sick person

- Masks may be missing and need to be saved for caregivers

- Clean and disinfect frequently touched surfaces daily. This includes tables, door knobs, light switches, counters, handles, desks, phones, keyboards, toilets, faucets, and sinks.

- If the surface is dirty, clean it. Use detergent or soap and water before disinfection. There is no disinfection effect if dirt remains.

References

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