

COVID19 Staff Update

Date: 15 April 2020

Pacific South School Nurses





Stayin' inside

<https://www.youtube.com/watch?v=nmUXntGlqFI>



CURRENT 18TH WING COMMAND STAFF DIRECTIVE

- Liberty Restrictions
 - Dining in restaurants
 - Going to Bars & Clubs
 - Gyms

- PERMISSIBLE ACTIVITIES
 - Getting take out
 - Walking outside where you keep 6 feet from people.

Stay in the KNOW with the Kadena App





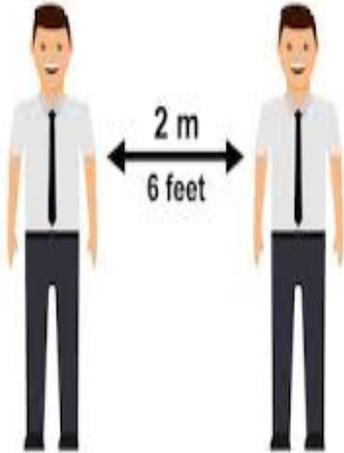
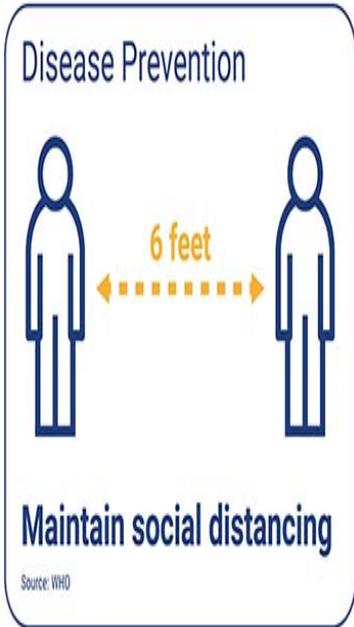
Maintain Healthy Lifestyle

- Minimize boredom and frustration by maintaining a regular daily schedule for your young kids and teens.
- Set a wake-up time and a bed-time. Make a plan for the day. Treat it like a regular school day.
- Do your best to set limits on use of mobile devices and other screen time.
- Get outside and get some fresh air with your family! While you're at it, get 1 hour of active play or physical activity
- Maintain a healthy diet rich in nutrient-dense foods. Limit sugars and be smart about fat.

The image features a solid orange background. In the top-left corner, there are three vertical bars of varying heights, each composed of several overlapping semi-transparent circles. A similar set of four vertical bars is located in the bottom-right corner, also made of overlapping semi-transparent circles.

What can you do to protect you & your family?

Social Distancing



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Social Distancing:

<https://www.youtube.com/watch?v=8x20vBOKGNY>

- If you need to go out, it is best to go early. Fewer patrons allowed in stores to minimize contact. Long wait times are possible.
- Mask is required on military installations(see how to make your own mask at :JENNIFERMAKER.COM/NO-SEW-FACE-MASK-TSHIRT)



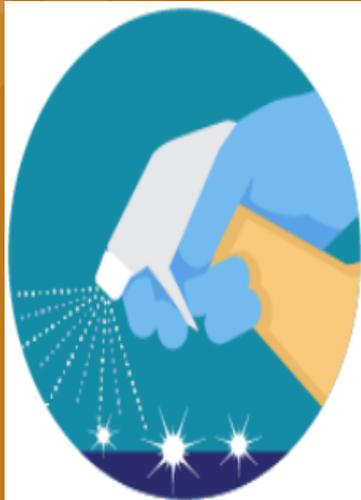
⚠️ Wear disposable gloves to clean and disinfect.

Clean

- **Clean surfaces using soap and water.** Practice routine cleaning of frequently touched surfaces.

High touch surfaces include:

Tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, sinks, etc.



Disinfect

- Clean the area or item with soap and water or another detergent if it is dirty. Then, use a household disinfectant.
- **Recommend use of [EPA-registered household disinfectant](#)** .

Follow the instructions on the label to ensure safe and effective use of the product.

Many products recommend:

- Keeping surface wet for a period of time (see product label)
- Precautions such as wearing gloves and making sure you have good ventilation during use of the product.



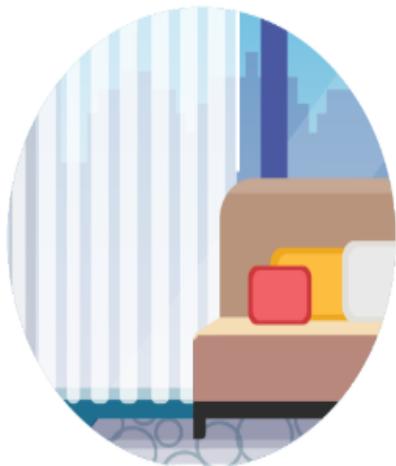
- **Diluted household bleach solutions may also be used** if appropriate for the surface. Check to ensure the product is not past its expiration date. Unexpired household bleach will be effective against coronaviruses when properly diluted.

Follow manufacturer's instructions for application and proper ventilation. Never mix household bleach with ammonia or any other cleanser.

Leave solution on the surface for **at least 1 minute**

To make a bleach solution, mix:

- 5 tablespoons (1/3rd cup) bleach per gallon of water
 - OR
 - 4 teaspoons bleach per quart of water
- **Alcohol solutions with at least 70% alcohol.**



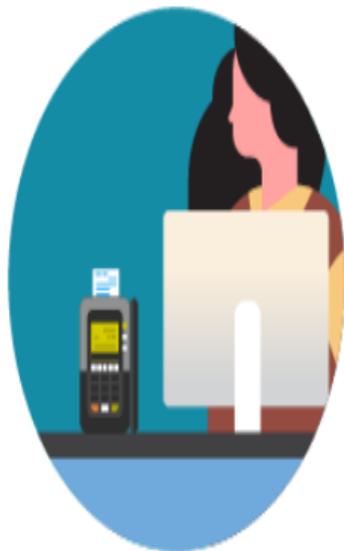
Soft surfaces

For soft surfaces such as **carpeted floor, rugs, and drapes**

- **Clean the surface using soap and water** or with cleaners appropriate for use on these surfaces.
- **Laundry items** (if possible) according to the manufacturer's instructions. Use the warmest appropriate water setting and dry items completely.

OR

- **Disinfect with an EPA-registered household disinfectant.** [These disinfectants](#)  meet EPA's criteria for use against COVID-19.



Electronics

For electronics, such as **tablets, touch screens, keyboards, and remote controls.**

- Consider putting a **wipeable cover** on electronics
- Follow **manufacturer's instruction** for cleaning and disinfecting
 - If no guidance, use alcohol-based wipes or sprays containing at least 70% alcohol. Dry surface thoroughly.



Laundry

For clothing, towels, linens and other items

- **Wear disposable gloves.**
- **Wash hands with soap and water** as soon as you remove the gloves.
- **Do not shake** dirty laundry.
- Launder items according to the manufacturer's instructions. Use the **warmest appropriate water setting** and dry items completely.
- Dirty laundry from a sick person **can be washed with other people's items.**
- Clean and **disinfect clothes hampers** according to guidance above for surfaces.



Clean hands often

- **Wash your hands often** with soap and water for 20 seconds.
 - Always wash immediately after removing gloves and after contact with a sick person.
- **Hand sanitizer:** If soap and water are not readily available and hands are not visibly dirty, use a hand sanitizer that contains at least 60% alcohol. However, if hands are visibly dirty, always wash hands with soap and water.
- **Additional key times to clean hands** include:
 - After blowing one's nose, coughing, or sneezing
 - After using the restroom
 - Before eating or preparing food
 - After contact with animals or pets
 - Before and after providing routine care for another person who needs assistance (e.g. a child)
- **Avoid touching** your eyes, nose, and mouth with unwashed hands.

MAINTAIN IMMUNE SYSTEM HEALTH

- Diet
- Exercise
- Sleep



- Reduce Stress
- Frequent Breaks

<https://www.youtube.com/watch?v=FpJx4zGpsml&t=4s>



What to do if you develop symptoms:

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

Isolate yourself in your home from close contacts (bedroom, bathroom).

Treat illness (Rest, Fluids, Healthy foods, OTC medications).

Monitor symptoms (Fever, Shortness of Breath)

Call a Medical Clinic if you have shortness of breath or have a fever not responding to OTC medications:

USNH Okinawa: 090-6861-5230

18th Med Group: 098-960-4817

Question line 24/7: 098-971-9691