****COVID-19 *LEARN HOW TO PROTECT YOURSELF***

**The health of our patients, families, staff, and volunteers is the top priority of Blessing Health System.**

Much is unknown about how the virus that causes COVID-19 spreads. It is believed that it spreads mostly from person to person through respiratory droplets produced when someone who is sick coughs or sneezes. However, it is possible that individuals not exhibiting symptoms may transmit the virus as well. Older adults are at higher risk for severe illness from COVID-19. Individuals of any age who have serious underlying medical conditions like chronic lung disease, serious heart conditions, and diabetes are also at higher risk from severe illness from COVID-19.

***We can all take simple daily precautions to help prevent the spread of COVID-19.***

**WASH YOUR HANDS—**Wash your hands with soap and water for at least 20 seconds after using the restroom, before eating, and when hands are visibly dirty. Use the towel to open the door, then dispose of the towel in the waste can. **Use waterless hand sanitizers FREQUENTLY**. Rub hands until dry.

**AVOID TOUCHING YOUR FACE, NOSE, AND EYES**—This is how germs are transmitted into your body.

**WEAR A FACE MASK**—All volunteers must wear a face covering while serving at a BHS facility. The face covering should reach above the nose, below the chin, and completely cover the mouth and nostrils. It should also fit snugly against the sides of the face. The best face coverings are made of multiple layers of fabric that still allow you to breathe easily. Face coverings are available at all facility entrances for volunteers, employees, and visitors.

**SOCIAL DISTANCING—**Practice social distancing by putting space between yourself and others. If possible, stay at least six feet (about two arms’ length from other people). Avoid large gatherings of people.

**CLEAN SURFACES**—Clean and disinfect frequently used surfaces. While volunteering, wear gloves when using the sani-cloths in the purple container to clean phones, desktops, wheelchairs, etc.

**AVOID CONTACT WITH ILL PEOPLE, AND STAY HOME IF YOU ARE SICK**—Symptoms of COVID-19 include fever, cough, shortness of breath, loss of taste and smell, headache, fatigue, weakness, sneezing, watery eyes, and sinus pain not related to allergies. Please do not risk infecting others by coming to volunteer when you are ill. Call your program coordinator to let her know you cannot come in for your shift. If you think that you may have COVID-19—monitor your symptoms, avoid close contact with others, and call your doctor.

**MANAGE YOUR STRESS**—COVID-19 has certainly caused a lot of stress. Everyone reacts differently to stressful situations. You may feel anxious, mad, sad, or overwhelmed. Learn the common signs of stress, and make the time to unwind and do activities you enjoy—like volunteering! Talk with family and friends by phone, text, or email. If you or a loved one is feeling overwhelmed, there are hospital and CDC.gov support lines available.