

Critical Days of Summer Safety Campaign 2020 COVID Edition

Week 1 of 16



COVID-19

What is a coronavirus?

Coronaviruses are a very diverse family of viruses. They have a large host range, which includes animals and humans. However, the greatest amount of coronavirus diversity is seen in bats. Coronaviruses have spiky projections on their surface that look like crowns. Corona means “crown” in Latin, and that’s how this family of viruses got their name. Most of the time, human coronaviruses cause mild respiratory illnesses like the common cold, but there are versions that can cause more severe symptoms such as pneumonia and severe acute respiratory syndrome (SARS).

What is COVID-19?

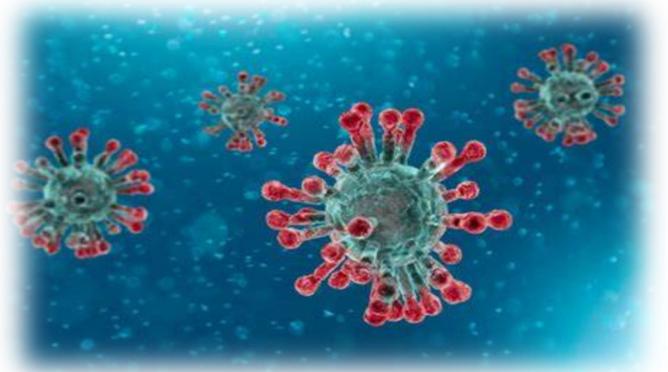
COVID-19 is an acronym for Coronavirus 2019, or Severe Acute Respiratory Syndrome Corona Virus 2 (SARS-CoV-2). COVID-19 is a new version of coronavirus identified in 2019 that has previously not been seen in humans with a higher mortality rate than SARS.

What are the symptoms?

The corona virus that has caused the current global pandemic is a new strain. Those who were infected developed symptoms within 1 to 14 days on average. Symptoms include fever, coughs, fatigue, phlegm, shortness of breath, sore throats, headaches and often times respiratory failure.

How does COVID-19 spread?

COVID-19 is primarily transmitted person to person through respiratory droplets, by direct contact with infected persons, or by contact with contaminated objects and surfaces. When someone who has COVID-19 coughs or exhales, they release droplets of infected fluid that can be breathed in by people close by, or fall on shared surfaces such as desks and tables.



Protect yourself

Practice Good Hygiene

- Frequently wash your hands with soap and water for at least 20 seconds.
- Avoid touching your eyes, nose and mouth.
- Disinfect common area surfaces (desks, tables, chairs, keyboards, phones, door handles, etc.) often.
- Cover your mouth when you sneeze or cough and wear a mask.
- STAY HOME, and away from others, if you are sick.

Social Distancing

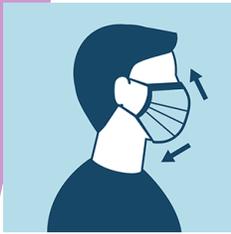
- Keep at least 6 feet (2 meters) between yourself and others. Social distancing places you safely away from breathing in others coughs and sneezes.

Avoid close contact with ALL people who may be infected

- Avoid mass-gatherings, parties and other large groups where the risk of spreading COVID-19 is high.

Face Coverings

- Wearing a cloth face covering in a public setting where social distancing cannot be maintained is mandatory to prevent the spread of infection.
- Wearing a simple cloth face covering can slow the spread of the virus and help people who do not know they have the virus from transmitting it to others through coughs or sneezes.
- Face coverings should ideally cover the whole face from chin to the bridge of the nose and be snug fitting but not restrict breathing.



- Cloth face coverings should not be placed on young children under 2 years of age, or used by those people who have lung ailments.
- Cloth face coverings should be routinely washed depending on how often they are used. Placing them in the washing machine should suffice.
- When removing a face covering, be careful not to touch your eyes, nose or mouth, and be sure to wash your hands immediately after removal.
- The cloth face coverings recommended are not surgical masks, or N95 respirators. These types of mask are critical supplies for healthcare workers and medical first responders, and every effort should be made to preserve supplies of these masks for workers who need them.

Further Reading

Centers for Disease Control and Prevention is a great resource for information pertaining to COVID-19.



For tips for prevention, signs and symptoms, cleaning and disinfecting, and how to make your own cloth face covering, visit:

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Stress Management

The recent lifestyle changes can be a source of anxiety for many of us. If you need to chill out, or you need someone to talk to in these trying times, we've got your back.

Navy and Marine Corps Public Health Center

- This toolkit is intended to reduce stress and optimize performance through deep relaxation.

<https://www.med.navy.mil/sites/nmcphc/health-promotion/psychological-emotional-wellbeing/relax-relax/pages/index.html>

DStress

- Anonymous Marine-to-Marine phone chat and support that operates 24/7 to help manage stress in all forms.

Speak anonymously with a live person: 098-970-7734

Online Chat: <https://usmc-mccs.org/services/support/dstress-line/>

Military Crisis Line

- Text messaging service and online chat that provides free and confidential VA support for all Service members, their family, and friends.

Call: 1-800-273-8255; press 1 or TEXT 838255

Online Chat: <https://www.veteranscrisisline.net/get-help/military-crisis-line>

Suicide Prevention 24/7 Hotline

World-wide toll-free: +1-800-273-8255; press 1 or TEXT 838255

<https://suicidepreventionlifeline.org/>



Questions? Contact the Naval Family Branch Clinic at 255-8100 or 0827-94-8100