



Protecting Yourself Against Covid19 - Simplified

By this time we have all been inundated with helpful ways to protect ourselves against Covid19. I'd like to make it a little easier and safer for everyone. As we already know, the virus is transferred from one person to the next through droplets. These droplets can come from coughing, sneezing or saliva (when we speak to someone). We can get infected with the virus when we are near someone that has it and they transfer these droplet to us. OR, when we touch a surface that has the virus on it and then touch our mouth, nose or eyes.

Here are some simple ways to decrease your risk:

- 1) **Don't touch your face with your hands!** Start working on the psychological connection between your hands and your face. We all touch our face often, and some of us more than others. Continuously think about not touching your face, especially in public. Some experts say a mask can help with this.
- 2) **Limit your exposure!** Stay at home and out of public places as much as possible.
Remember, every trip to the store is a possibility of exposure to the virus.
- 3) **Keep your social circle very small.** Limit it to family and a few friends, only. If you do see a friend, sit 6 feet away or walk outside (6 feet distance). Enjoy their company. This is far safer than visiting a store with lots of strangers touching everything around them.
- 4) **Go to the grocery as infrequently as possible.** Make a very long list and try to go every other week. OR, use Instacart, Amazon, Costco Delivery or any of the other multiple forms of delivery. It is the 21st century, we can have just about anything delivered!!
- 5) If you absolutely have to visit a store, **wear gloves and a mask.** *Caution* gloves need to be removed before you open your car door, otherwise you could contaminate everything, you touch, in your car and bring it home with you.
- 6) **Touch as few things as possible.** If you touch something or someone, wash your hands or use hand sanitizer immediately,

Remember don't touch your face in public and be safe out there on the road!!