

MARR Training COVID-19 101

Protect yourself and others

Avoid being exposed to this virus. You can take the following steps to slow the spread;

- [Stay at least 6 feet away from others](#), whenever possible. This is very important in preventing the spread of COVID-19.
- [Cover your mouth and nose with a mask](#) when around others. This helps reduce the risk of spread both by close contact and by airborne transmission.
- [Wash your hands](#) often with soap and water. If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
- [Avoid crowded indoor spaces](#) and [ensure indoor spaces are properly ventilated](#) by bringing in outdoor air as much as possible. In general, being outdoors and in spaces with good ventilation reduces the risk of exposure to infectious respiratory droplets.
- [Stay home and isolate](#) from others when sick.
- [Routinely clean and disinfect](#) frequently touched surfaces.

COVID-19 most commonly spreads during close contact

- People who are physically near (within 6 feet) a person with COVID-19 or have direct contact with that person are at greatest risk of infection.
- When people with COVID-19 cough, sneeze, sing, talk, or breathe they produce **respiratory droplets**. These droplets can range in size from larger droplets (some of which are visible) to smaller droplets. Small droplets can also form particles when they dry very quickly in the airstream.
- Infections occur mainly through exposure to respiratory droplets when a person is in close contact with someone who has COVID-19.
- Respiratory droplets cause infection when they are inhaled or deposited on mucous membranes, such as those that line the inside of the nose and mouth.
- As the respiratory droplets travel further from the person with COVID-19, the concentration of these droplets decreases. Larger droplets fall out of the air due to gravity. Smaller droplets and particles spread apart in the air.
- With passing time, the amount of infectious virus in respiratory droplets also decreases.

COVID-19 spreads less commonly through contact with contaminated surfaces

- Respiratory droplets can also land on surfaces and objects. It is possible that a person could get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or eyes.
- Spread from touching surfaces is not thought to be a common way that COVID-19 spreads

Pandemics can be stressful, especially when you are staying away from others. During this time, it's important to [maintain social connections and care for your mental health](#).

Daily Activities and Going Out



What you need to know

- In general, the more closely you interact with others and the longer that interaction, the higher the risk of COVID-19 spread.
- If you decide to engage in public activities, continue to protect yourself by [practicing everyday preventive actions](#).
- Keep these items on hand when venturing out: [a face mask](#), tissues, and a hand sanitizer with at least 60% alcohol, if possible.

Protect yourself while shopping

- Wear a [mask](#) in public settings and when around people who don't live in your household, especially when social distancing is difficult.
- When you do have to visit in person, go during hours when fewer people will be there (for example, early morning or late night).
- If you are at [higher risk for](#) severe illness, find out if the store has special hours for people at higher risk. If they do, try to shop during those hours.
- If you normally bring your own reusable shopping bags, ensure they are cleaned before each use. Some locations have temporarily banned the use of reusable shopping bags during the COVID-19 pandemic, so check your state, local, store or market policies before bringing reusable bags.
- Disinfect the shopping cart, use disinfecting wipes if available.
- Do not touch your eyes, nose, or mouth with unwashed hands.
- Stay at least 6 feet away from others while shopping and in lines.

- Use marked entry or exit points and follow any directional signs or floor markings designed to keep people at least 6 feet apart.
- Only touch products that you plan to purchase, if possible.
- Consider not consuming any sample or purchase food or drink items from self-service stations.
- If possible, use touchless payment (pay without touching money, a card, or a keypad). If you must handle money, a card, or use a keypad, use hand sanitizer right after paying.

Practice hand hygiene

- Before entering and after exiting the grocery store or market, use a hand sanitizer that contains at least 60% alcohol.
- When you get home, and before preparing or eating food, wash your hands with soap and water for at least 20 seconds.

Unpack safely at home

- Currently, the risk of infection from SARS-CoV-2, the virus that causes COVID-19, from [food products, food packaging, or bags](#) is thought to be low. However, it is always important to follow good [food safety practices](#).
- When unpacking groceries, [refrigerate or freeze](#) meat, poultry, eggs, seafood, and other perishables within 2 hours of purchasing.
- Do NOT use disinfectants designed for hard surfaces, such as bleach or ammonia, on food packaged in cardboard or plastic wrap.
- After unpacking groceries, wash your hands with soap and water for at least 20 seconds. If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
- Regularly [clean and disinfect kitchen counters](#) using a commercially available [disinfectant productexternal icon](#) or a DIY disinfecting solution.

Public transit

Stay up-to-date

- Check with local transit authorities for the latest information on changes to services and procedures, especially if you might need additional assistance.

Avoid touching surfaces

- As much as possible, limit touching frequently touched surfaces such as kiosks, digital interfaces such as touchscreens and fingerprint scanners, ticket machines, turnstiles, handrails, restroom surfaces, elevator buttons, and benches as much as possible.

- If you must touch these surfaces, as soon as you can, wash your hands for 20 seconds with soap and water or rub your hands with sanitizer containing 60% alcohol.
- Use touchless payment and no-touch trash cans and doors when available. Exchange cash or credit cards by placing them in a receipt tray or on the counter rather than by hand, if possible.

Social distance

- When possible, consider traveling during non-peak hours when there are likely to be fewer people.
- Follow social distancing guidelines by staying at least 6 feet (2 meters) from people who are not from your household. For example:
 - Avoid gathering in groups, and stay out of crowded spaces when possible, especially at transit stations and stops.
 - Consider skipping a row of seats between yourself and other riders if possible.
 - Enter and exit buses through rear entry doors if possible.
 - Look for social distancing instructions or physical guides offered by transit authorities (for example, floor decals or signs indicating where to stand or sit to remain at least 6 feet apart from others).

Practice hand hygiene

- After you leave the transit station or stop, use hand sanitizer containing at least 60% alcohol.
- When you arrive at your destination, [wash your hands](#) with soap and water for at least 20 seconds.

Pandemics can be stressful

The coronavirus disease 2019 (COVID-19) pandemic may be stressful for people. Fear and anxiety about a new disease and what could happen can be overwhelming and cause strong emotions in adults and children. Public health actions, such as social distancing, can make people feel isolated and lonely and can increase stress and anxiety. However, these actions are necessary to reduce the spread of COVID-19. **Coping with stress in a healthy way will make you, the people you care about, and your community stronger.**

Stress during an infectious disease outbreak can sometimes cause the following:

- Fear and worry about your own health and the health of your loved ones, your financial situation or job, or loss of support services you rely on.
- Changes in sleep or eating patterns.
- Difficulty sleeping or concentrating.
- Worsening of chronic health problems.
- Worsening of mental health conditions.
- Increased use of [tobacco](#), and/or [alcohol and other substances](#).

Take care of your mental health

You may experience [increased stress](#) during this pandemic. Fear and anxiety can be overwhelming and cause strong emotions.

Get immediate help in a crisis

- Call 911
- [Disaster Distress Helplineexternal icon](#): 1-800-985-5990 (press 2 for Spanish), or text TalkWithUs for English or Hablanos for Spanish to 66746. Spanish speakers from Puerto Rico can text Hablanos to 1-787-339-2663.
- [National Suicide Prevention Lifelineexternal icon](#): 1-800-273-TALK (8255) for English, 1-888-628-9454 for Spanish, or [Lifeline Crisis Chatexternal icon](#).
- [National Domestic Violence Hotlineexternal icon](#): 1-800-799-7233 or text LOVEIS to 22522

Find a health care provider or treatment for substance use disorder and mental health

- [SAMHSA's National Helplineexternal icon](#): 1-800-662-HELP (4357) and TTY 1-800-487-4889

Take care of yourself and your community

Taking care of your friends and your family can be a stress reliever, but it should be balanced with care for yourself. [Helping others cope with their stress](#), such as by providing social support, can also make your community stronger. During times of increased social distancing, people can still maintain social connections and care for their mental health. Phone calls or video chats can help you and your loved ones feel socially connected, less lonely, or isolated.

Healthy ways to cope with stress

- **Know [what to do if you are sick and are concerned about COVID-19](#)**. Contact a health professional before you start any self-treatment for COVID-19.
- **Know where and how to get treatment** and other support services and resources, including counseling or therapy (in person or through telehealth services).

- **Take care of your emotional health.** [Taking care of your emotional health](#) will help you think clearly and react to the urgent needs to protect yourself and your family.
- **Take breaks from watching, reading, or listening to news stories**, including those on social media. Hearing about the pandemic repeatedly can be upsetting.
- **Take care of your body.**
 - Take deep breaths, stretch, or [meditateexternal icon](#).
 - [Try to eat healthy, well-balanced meals](#).
 - [Exercise regularly](#).
 - [Get plenty of sleep](#).
 - Avoid excessive [alcohol and drug use](#).
- **Make time to unwind.** Try to do some other activities you enjoy.
- **Connect with others.** Talk with people you trust about your concerns and how you are feeling.
- **Connect with your community- or faith-based organizations.** While social distancing measures are in place, consider connecting online, through social media, or by phone or mail.