



Tuba City
Regional Health Care Corporation

How is COVID Spread?

How does COVID spread?



1. Respiratory Droplets

- Spread from coughing, talking, sneezing and breathing
- Can infect through mouth or nose

2. Airborne

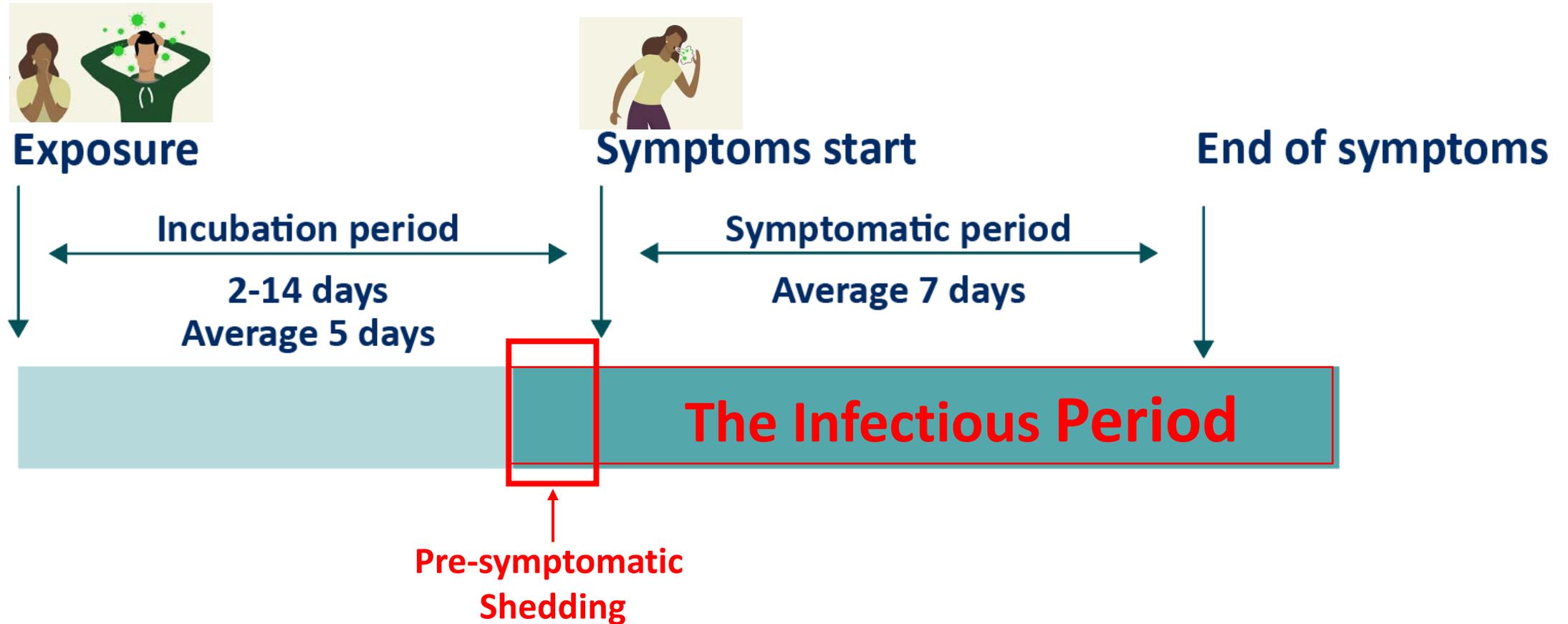
- Very small virus particles
- Stay in the air longer

It does NOT spread through the skin; It is NOT sexually transmitted



When does a person become contagious?

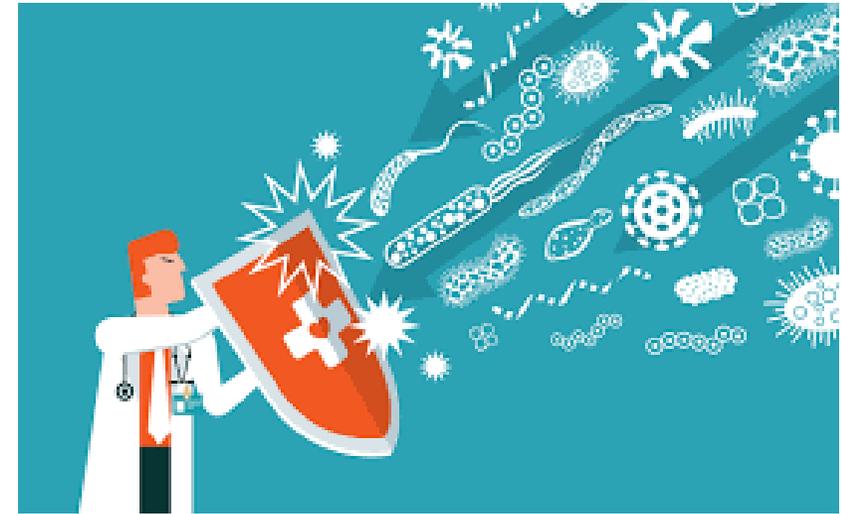
When do they **START** spreading the virus?



Cases are MOST infectious DAYS BEFORE they even have any symptoms!

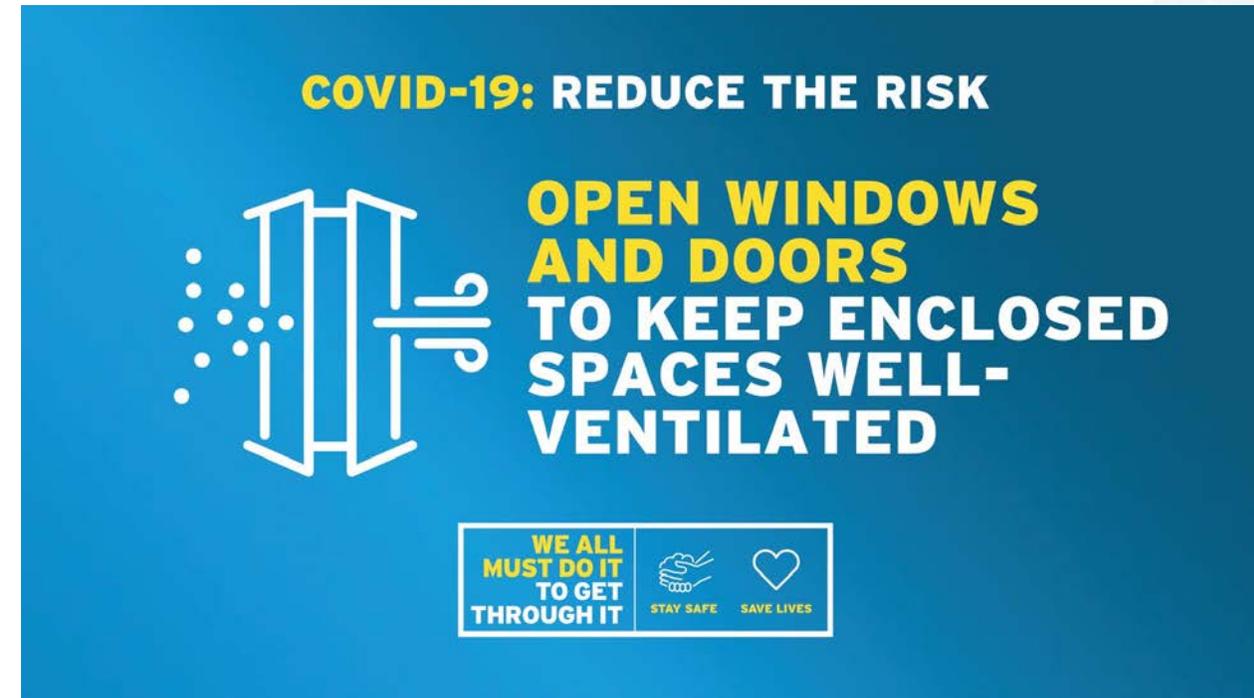
How can we prevent getting & spreading COVID?

- Behaviors to reduce risk of getting the virus even if exposed
 - Increase ventilation (outside, open windows/doors)
 - Wearing masks
 - Social and Physical Distancing
 - Washing hands
 - Vaccination



Ventilation & Filtration

- Limit time in poorly ventilated spaces to reduce risk of transmission
- **Outdoors is safest**
- *If* indoors:
 - Open windows and doors when safe to do so
 - Clean/Replace air filters
- Consult with your facility manager to maximize ventilation



Cleaning and Disinfection

- In the beginning of the pandemic disinfection was a focus, but again, we now know most COVID transmission is from droplets or airborne particles
 - **No reported transmission from food, papers/packages or surfaces**
- Frequent hand washing is still important, particularly before and after eating
 - Soap and water- 20 second wash!
 - Hand sanitizer with at least 60% alcohol
- Surfaces that benefit from frequent disinfection- “high touch”
 - Doorknobs, light switches, phones, keypads, faucets, shopping carts, etc.



Masks – Everyone 2 years and older



Proper Fit is Most Important!



Masks



What Material?



Masks



The infographic features a light blue background with a decorative border. In the top left corner is the logo for the Jon W. Hubert Center for American Indian Health. The central visual is a mathematical equation: a blue disposable surgical mask in a green circle, followed by a plus sign, a white cloth mask with yellow diamond patterns in a green circle, followed by an equals sign, and a circular illustration of a woman wearing both masks. Below this is a yellow text box with black text.

Wearing a disposable mask under a cloth mask is a safe way to add another layer.

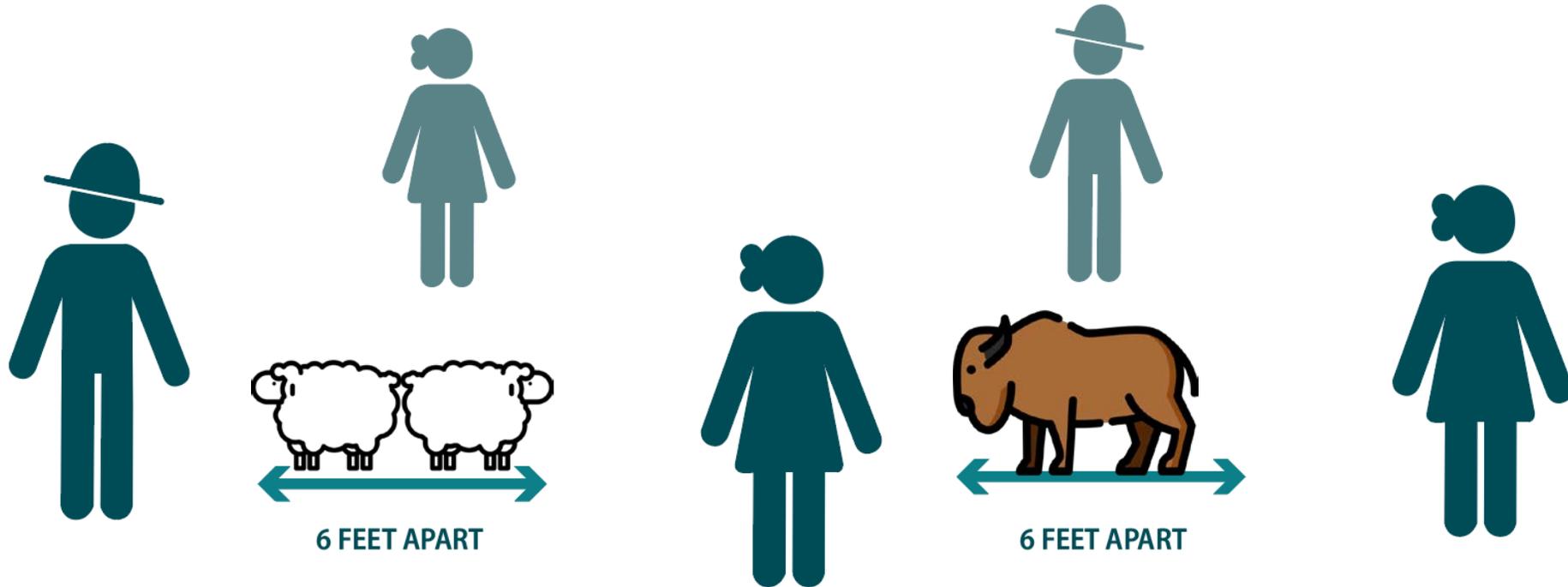
Double Masking





Social Distancing

Maintain at least 6 feet distance between you and others in public at all times.



Should I Get a Booster Vaccine?

If you received PFIZER or MODERNA at least 6 months ago and you are:

- 18 years or older

If you received JOHNSON + JOHNSON at least 2 months ago and you are:

- 18 years or older

You may choose to get any of the COVID-19 vaccines for your booster.

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How About COVID Vaccines for Kids?

AGES 5-11

- Pfizer mRNA Vaccine
- 2 doses
- 3 weeks apart
- Lower Dose



AGES 12 +

- Pfizer mRNA Vaccine
- 2 doses
- 3 weeks apart
- Same as Adult Dose

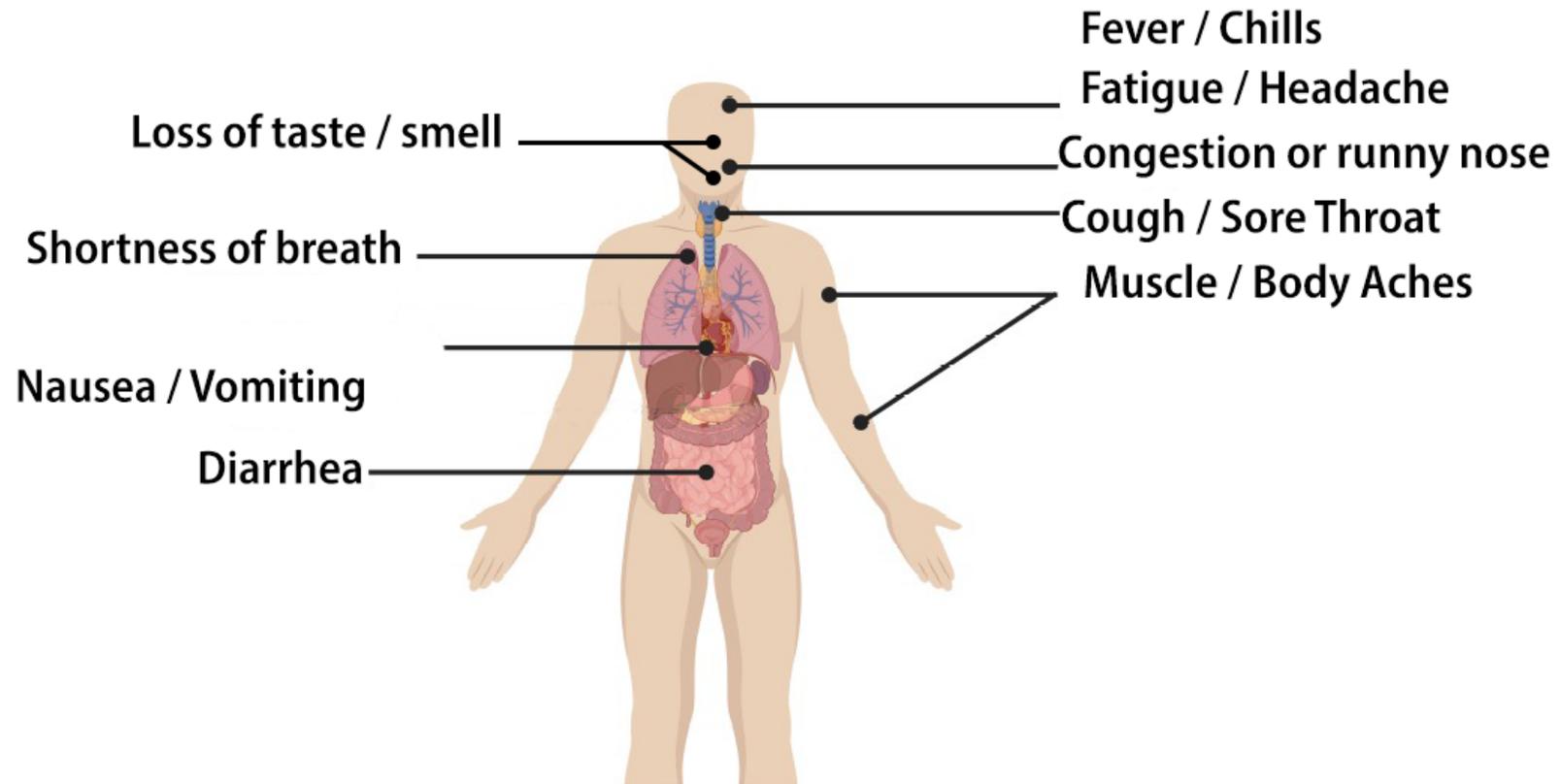


Why Do Pediatricians Recommend the COVID Vaccine?

1. Children are less likely to have severe illness from COVID-19 BUT:
 1. Over 6 million kids have been infected with COVID-19
 2. Almost 24,000 children have been hospitalized with COVID-19 or its complications
 3. Almost 600 children under 18 have died from COVID-19 or its complications
2. Children transmit COVID-19 to family members and other children
 1. This interferes with school, in-person learning, and socializing for our children
 2. Over 140,000 children have lost a parent or caregiver from COVID-19
 3. Vaccinating children will decrease the amount of virus in the community and overall risk of infection for all



Remember - Signs and Symptoms



Or no symptoms and feel normal

(BUT ARE CONTAGIOUS AND STILL CAN SPREAD VIRUS!)



How can we prevent getting & spreading COVID?



And 2 V's: Ventilation and Vaccination!

