



# Protect yourself from COVID-19 (Coronavirus)\*

## Preparations

Things you can stock at home, work and in the car

- **LATEX OR NITRILE DISPOSABLE GLOVES** – Use during outside activity when you contact contaminated areas. Get appropriate sizes for your family.
- **DISPOSABLE SURGICAL MASKS** – Use them to prevent you from touching your nose and/or mouth (FACT: We touch our nose/mouth 90x/day without knowing it!).
- **HAND SANITIZERS** – These must be alcohol-based and greater than 60% alcohol to be effective.
- **ZINC LOZENGES** – These lozenges have been proven to be effective in blocking coronavirus (and most other viruses) from multiplying in your throat and nasopharynx. Use as directed when you begin to feel ANY “cold-like” symptoms. Lie down and let the lozenge dissolve in the back of your throat and nasopharynx.

- This virus is spread in large droplets by coughing and sneezing and will infect you through your nose or mouth via your hands or an infected cough or sneeze onto or into your nose or mouth.
- The air will not infect you, but surfaces where these droplets land are infectious for about a week on average. So, everything that is associated with infected people will be contaminated and potentially infectious.
- Masks will not prevent the virus in a direct sneeze from getting into your nose or mouth. They are to keep you from touching your nose or mouth.
- There will be NO drugs or vaccines available this year to protect us or limit the infection within us. Only symptomatic support is available.

## Precautions

- 1 DON'T SHAKE HANDS!**  
Use a fist bump, slight bow, elbow bump, etc.
- 2 USE YOUR KNUCKLE** to touch light switches, elevator buttons, etc.
- 3 USE A PAPER TOWEL OR DISPOSABLE GLOVE** to lift the gasoline dispenser.
- 4 USE CLOSED FISTS OR YOUR HIP** to open doors. Do not grasp the handle with your hand, unless there is no other way to open the door.
- 5 USE DISINFECTANT WIPES** on your hands, handles and child seats when they are available.
- 6 WASH YOUR HANDS** with soap for 10–20 seconds and/or use hand sanitizer whenever you return home from ANY activity that involves locations where other people have been.
- 7 KEEP HAND SANITIZER** at each of your home's entrances AND in your car for when you can't immediately wash your hands.
- 8 USE DISPOSABLE TISSUES** if possible when you cough or sneeze and discard them immediately. Use your elbow only if necessary. Clothing will contain infectious virus that can be passed on for a week or more.

*\*This information is adapted from a letter from Dr. James Robb, MD FCAP, former professor of pathology at the University of California San Diego. Dr. Robb was one of the first molecular virologists in the world to work on coronaviruses (the 1970s) and the first to demonstrate the number of genes the virus contained. Since then, he has kept up with the coronavirus field and its multiple clinical transfers into the human population (e.g., SARS, MERS), from different animal sources.*

*Dr. Robb's recommendations are based upon what he is planning to do personally to protect himself from the upcoming COVID-19 (coronavirus). These are the same precautions he currently uses during flu season, except for the mask and gloves.*



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