

Caring For Ourselves And Others In The Face Of The Coronavirus Outbreak:

This is a summary of information on the state coronavirus information website.

<https://www.in.gov/coronavirus/2400.htm>

First, in general, stay away from others that you don't need to be around. That goes for anywhere in public areas. Don't be in public areas as directed by state and local requirements unless it is absolutely necessary. Stay home if you can. If you have to go, keep your distance from people as much as possible. Avoid touching surfaces or any objects that other people have put their hands on, like doorknobs or handles, table surfaces, grocery carts, faucets, toilets etc. If you have to touch something, remember to keep your hands away from your face or mouth, and disinfect or wash your hands before touching anything else. Wash your hands frequently.

At home, hand washing and hygiene is the most important thing. Wash your hands thoroughly with soap and warm water for 20 seconds. Keep objects or surfaces you have to touch clean and disinfected, like table-tops, countertops, doorknobs, handles of appliances, faucets and bathroom fixtures etc. Change hand towels and towels often. Always cover coughs or sneezes. Don't allow anyone into your home that does not need to be there, especially if they are sick or have been exposed to someone who has been sick.

Regarding staying away from others here is some information from a medical colleague regarding the reasons you have to try and stay away:

“‘Incubation period’ of a virus is the period between exposure to an infection and the appearance of the first symptoms. The incubation period for Covid19 is 5-11 days after exposure before you show any signs. You may appear perfectly healthy for 5-11 days before any symptoms appear. So, that's why you need to stay clear of everybody. They may appear healthy but they could be passing the virus unknowingly.”

Obviously, it will be very hard to practice the general principals to protect yourself and avoid potentially spreading the virus if you actually go places you can avoid. Don't go to the pharmacy if you need medicines, have them delivered or ask a friend to pick it up for you. The groceries have all kinds of ordering and pickup or delivery services, the pickup or drive through options are not expensive, and again, if you are a person at higher risk ask someone to help.

So, in general, use delivery or drive through options for food, medicines or goods that you must have