



COVID-19 INTRODUCTION, PREVENTION & PRECAUTIONS

Outside2Inside 6/30/2020

TABLE OF CONTENTS

- 1. Goal
- 2. COVID-19 Introduction
- 3. Symptoms of COVID-19
- 4. Know how COVID-19 Spreads
- 5. COVID-19 Prevention

GOAL

- The Goal of this presentation is to share details about COVID-19 and how to protect oneself and others from it.

NOTE: The information in this presentation is got from the CDC [Center of Disease Control and Prevention Website](https://www.cdc.gov).



Centers for Disease Control and Prevention

Public agency

 CDC
CENTERS FOR DISEASE CONTROL AND PREVENTION

 [cdc.gov](https://www.cdc.gov)

The Centers for Disease Control and Prevention is a national public health institute in the United States. It is a United States federal agency, under the Department of Health and Human Services, and is headquartered in Atlanta, Georgia. [Wikipedia](#)

Director: Robert R. Redfield (Incumbent)

Headquarters: Atlanta, GA

Founder: Joseph Walter Mountin

Parent organization: United States Department of Health and Human Services

Subsidiaries: National Institute for Occupational Safety and Health, MORE

Hotline: (800) 232-4636 [immunize.org](https://www.immunize.org)

COVID-19 INTRODUCTION

- A novel coronavirus is a new coronavirus that has not been previously identified. The virus causing coronavirus disease 2019 (COVID-19), is not the same as the coronaviruses that commonly circulate among humans and cause mild illness, like the common cold.
- On February 11, 2020 the World Health Organization announced an official name for the disease that is causing the 2019 novel coronavirus outbreak, first identified in Wuhan China. The new name of this disease is coronavirus disease 2019, abbreviated as COVID-19. In COVID-19, 'CO' stands for 'corona,' 'VI' for 'virus,' and 'D' for disease. Formerly, this disease was referred to as "2019 novel coronavirus" or "2019-nCoV".
- There are many types of human coronaviruses including some that commonly cause mild upper-respiratory tract illnesses. COVID-19 is a new disease, caused by a novel (or new) coronavirus that has not previously been seen in humans.

SYMPTOMS OF COVID-19

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear **2-14 days after exposure to the virus**. People with these symptoms may have COVID-19:

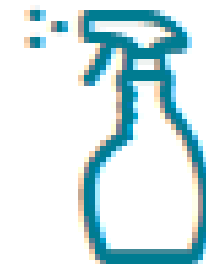
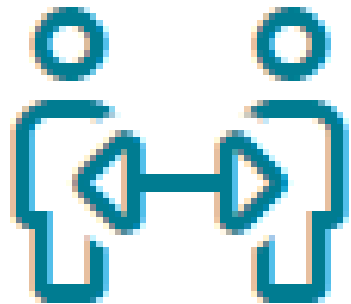
- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Note: This list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19.

KNOW HOW COVID-19 SPREADS

- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- **The best way to prevent illness is to avoid being exposed to this virus.**
- The virus is thought to spread mainly from person-to-person.
 - Between people who are in close contact with one another (within about 6 feet).
 - Through respiratory droplets produced when an infected person coughs, sneezes or talks.
 - These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
 - Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.

COVID-19 PREVENTION



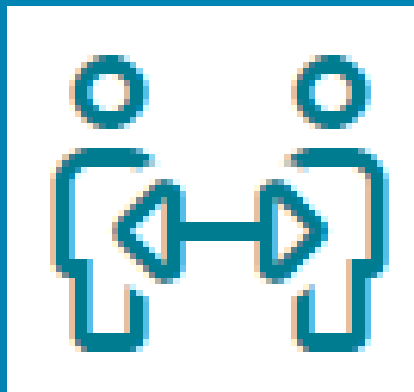
WASH YOUR HANDS OFTEN

- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.



AVOID CLOSE CONTACT

- **Avoid close contact with people who are sick, even inside your home.** If possible, maintain 6 feet between the person who is sick and other household members.
- **Put distance between yourself and other people outside of your home.**
 - Remember that some people without symptoms may be able to spread virus.
 - Stay at least 6 feet (about 2 arms' length) from other people.
 - Keeping distance from others is especially important for people who are at higher risk of getting very sick.



COVER YOUR MOUTH AND NOSE WITH A CLOTH FACE COVER WHEN AROUND OTHERS

- You could spread COVID-19 to others even if you do not feel sick.
- Everyone should wear a [cloth face cover](#) when they have to go out in public, for example to the grocery store or to pick up other necessities.
 - Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- The cloth face cover is meant to protect other people in case you are infected.
- Do NOT use a facemask meant for a healthcare worker.
- Continue to keep about 6 feet between yourself and others. The cloth face cover is not a substitute for social distancing.



COVER COUGHS AND SNEEZES

- **Always cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow and do not spit.
- **Throw used tissues** in the trash.
- Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.



CLEAN AND DISINFECT

- **Clean AND disinfect frequently touched surfaces daily.** This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- **If surfaces are dirty, clean them.** Use detergent or soap and water prior to disinfection.
- **Then, use a household disinfectant.** Most common EPA-registered household disinfectant [external icon](#) will work.



MONITOR YOUR HEALTH

- **Be alert for symptoms.** Watch for fever, cough, shortness of breath, or [other symptoms](#) of COVID-19.
 - Especially important if you are [running essential errands](#), going into the office or workplace, and in settings where it may be difficult to keep a [physical distance of 6 feet](#).
- **Take your temperature** if symptoms develop.
 - Don't take your temperature within 30 minutes of exercising or after taking medications that could lower your temperature, like acetaminophen.
- Follow [CDC guidance](#) if symptoms develop.



What You Can do if You are at Higher Risk of Severe Illness from COVID-19

(Print Resources Web Page: <https://www.cdc.gov/coronavirus/2019-ncov/communication/print-resources.html>)

Are You at Higher Risk for Severe Illness?



Based on what we know now, those at high-risk for severe illness from COVID-19 are:

- People aged 65 years and older
- People who live in a nursing home or long-term care facility

People of all ages with underlying medical conditions, particularly if not well controlled, including:

- People with chronic lung disease or moderate to severe asthma
- People who have serious heart conditions
- People who are immunocompromised
 - Many conditions can cause a person to be immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications.
- People with severe obesity (body mass index [BMI] of 40 or higher)
- People with diabetes
- People with chronic kidney disease undergoing dialysis
- People with liver disease

Here's What You Can do to Help Protect Yourself



Stay home if possible.



Wash your hands often.



Avoid close contact (6 feet, which is about two arm lengths) with people who are sick.



Clean and disinfect frequently touched surfaces.



Avoid all cruise travel and non-essential air travel.

Reference Source:
[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

DISCLAIMER

- The material in this presentation of Outside2Inside is got from CDC [Center of Disease Control and Prevention Website](#) available in public domain and are not the contents/opinions of Outside2Inside. Outside2Inside is putting this information only for the safety of people who will be visiting, volunteering or attending events in Outside2Inside Office or outside so that people are aware & take proper precautions.
- For detailed disclaimer of Outside2Inside, please visit our disclaimer page in Outside2Inside website: <https://outside2inside.com/disclaimer/>

CONTACT

- Any Questions to Outside2Inside should be emailed to oz_i_board@outside2inside.com.



www.Outside2Inside.com

BACKUP SLIDES

OUTSIDE₂INSIDE - INTRODUCTION

- Outside2Inside (O2I) is a non-profit organization focused on reducing food waste by prevention, recovery and recycle through various creative programs. We prevent the food waste through awareness programs, bringing food waste realization among the community, corporates, youth and kids. Our Food recovery programs like Farm2School, Farm2Restaurant, Farm2Work recovers the unattractive but otherwise nutritious wonky produce from local partners and serve the deprived, needy in our society . Our recycling programs like Compost4You, Animal Feed converts food waste into organic compost and animal feed, serving the urban households & local farms.
- Outside2Inside is formed by a group of spirited individuals with the aim to reduce waste, hunger and create clean, peaceful, healthy environment. This organization is based in the Bay area.
- For more details, visit our website www.outside2inside.com