

AIRBORNE RESPIRATORY VIRUS PROTECTION

Human Coronavirus Types

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Human coronaviruses were first identified in the mid-1960s and are named for the crown-like spikes on their surface. Scientists first found evidence of human coronaviruses in the noses of people with the common cold.

Common Human Coronaviruses

229E, NL63, OC43, HKU1

Other Human Coronaviruses

MERS-CoV, SARS-CoV, SARS-CoV-2 (2019-nCoV)

Sometimes coronaviruses that infect animals can evolve and make people sick and become novel coronavirus. A novel coronavirus is a new coronavirus that has not been previously identified. Three recent examples of this are MERS-CoV, SARS-CoV, and 2019-nCoV.

<https://www.cdc.gov/coronavirus/types.html>

5 STEPS TO WASHING YOUR HANDS THE RIGHT WAY

Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs.

1. **WET** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. **LATHER** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. **SCRUB** your hands for at least 20 seconds.
4. **RINSE** your hands well under clean, running water.
5. **DRY** your hands using a clean towel or air dry them.

Prevent the Spread

What you can do to prevent spreading an airborne disease

The best way to prevent illness is to avoid being exposed. However, there are everyday preventive actions to help prevent the spread of respiratory diseases, including:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Follow CDC's recommendations for using a facemask.
 - CDC does NOT recommend that people who are well wear a facemask to protect themselves from respiratory diseases.
 - Facemasks should be used by people who show symptoms to help prevent the spread of the disease to others.
- Wash your hands, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- Use an alcohol-based hand sanitizer with at least 60% alcohol.

<https://www.cdc.gov/coronavirus/2019-ncov/about/prevention-treatment.html>

YOUR SURVIVAL GUIDE TO SAFE AND HEALTHY TRAVEL

Whatever your reason for traveling, be Proactive, Prepared, and Protected when it comes to your health—and the health of others—while you are traveling.

BE PROACTIVE!

Take steps to anticipate any issues that could arise during your trip.

- Learn about your destination.
- See a doctor before you travel.
- Think about your health status.

BE PREPARED!

No one wants to think about getting sick or hurt during a trip, but sometimes these things happen.

- Pack smart.
- Plan ahead for illnesses or injuries during your trip.
- Know what to do if you become sick or injured on your trip.
- Know and share important information about your trip.

BE PROTECTED!

Practice healthy behaviors during your trip and after you return home.

- Pay attention to your health during your trip.
 - Use sunscreen and insect repellent as directed.
 - Be careful about food and water.
 - Try not to take risks with your health and safety.
 - Respect your host country, its people, local laws and customs.
- Pay attention to your health when you come home.

Travel Tips

<https://wwwnc.cdc.gov/travel/page/survival-guide>

FOR MORE INFORMATION

<https://www.cdc.gov/coronavirus/index.html>

<https://www.healthline.com/health/airborne-diseases>

<https://wwwnc.cdc.gov/travel/page/survival-guide>

<https://www.fcg.pentagon.mil/fcg.cfm>

<https://travel.state.gov/content/travel/en/international-travel.html>



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