



COVID-19 Preparedness Training

pics
Partners in
Community Supports

COVID-19 Preparedness Training Modules



- **Module 1:** Healthy Hygiene
- **Module 2:** Social Distancing
- **Module 3:** Masks and Face Coverings
- **Module 4:** Cleaning and Disinfecting
- **Module 5:** Managing Stress and Anxiety

Module 1: Healthy Hygiene



Click on image to watch video.

This handwashing video will show you how handwashing can get rid of germs that get on your hands everyday.

Video Link: *(Spanish)*

https://youtu.be/g_7HSIr94Vs

Fight Germs. Wash Your Hands!

Handwashing is one of the best ways to protect yourself and your family from getting sick.

- *Learn when and how you should wash your hands to stay healthy.*

How Germs Spread

- Washing hands can keep you healthy and prevent the spread of respiratory and diarrheal infections from one person to the next.

Germs can spread from other people or surfaces when you:

- Touch your eyes, nose, and mouth with unwashed hands
- Prepare or eat food and drinks with unwashed hands
- Touch a contaminated surface or objects
- Blow your nose, cough, or sneeze into hands and then touch other people's hands or common objects

Key Times to Wash Hands

Help yourself, loved ones, and individuals you support stay healthy by washing your hands often, especially during these key times when you are likely to get and spread germs:

- **Before, during, and after** preparing food
- **Before** eating food
- **Before** and **after** caring for someone at home who is sick with vomiting or diarrhea
- **Before** and **after** treating a cut or wound
- **After** using the toilet
- **After** changing diapers or cleaning up a child who has used the toilet
- **After** blowing your nose, coughing, or sneezing
- **After** touching an animal, animal feed, or animal waste
- **After** touching garbage

Fight Germs. Wash Your Hands!

During the COVID-19 pandemic, you should also clean hands:

- **After** being in a public place and touched an item or surface that may be frequently touched by other people.
 - *Ex: door handles, tables, gas pumps, shopping carts, or electronic cashier registers/screens, etc.*
- **Before** touching your eyes, nose, or mouth because that's how germs enter our bodies.

Fight Germs. Wash Your Hands!

CDC's Handwashing Campaign: *Life is Better with Clean Hands*

- Encourages adults to make handwashing part of their everyday life
- Encourages parents to wash their hands to set a good example for their kids

Download Resources to Promote Handwashing in Your Community:

- [*Life is Better with Clean Hands*](#) campaign page

For more information on handwashing:

- CDC's [Handwashing website](#)
- 1-800-CDC-INFO

Module 2: Social Distancing



In this video, you will learn the basics and importance of social distancing.

Click on image to watch video.

Social Distancing

Social distancing (aka “physical distancing”) means:

- Keeping space between yourself and other people outside of your home.

To practice social or physical distancing:

- Stay at least 6 feet (about 2 arms’ length) from other people
- Do not gather in groups
- Stay out of crowded places and avoid mass gatherings

In addition to [everyday steps to prevent COVID-19](#), keeping space between you and others is one of the best tools we have to avoid being exposed to this virus and slowing its spread locally and across the country and world.

Limit close contact with others outside your household in indoor and outdoor spaces.



Slow the Spread - Social Distance

Why practice social distancing?

- COVID-19 spreads mainly among people who are in close contact (within about 6 feet) for a prolonged period. Spread happens when an infected person coughs, sneezes, or talks, and droplets from their mouth or nose are launched into the air and land in the mouths or noses of people nearby. The droplets can also be inhaled into the lungs. Recent studies indicate that people who are infected but do not have symptoms likely also play a role in the spread of COVID-19.
- It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or eyes. However, this is not thought to be the main way the virus spreads. COVID-19 can live for hours or days on a surface, depending on factors such as sunlight, humidity, and the type of surface. Social distancing helps limit opportunities to come in contact with contaminated surfaces and infected people outside the home.
- Although the risk of severe illness may be different for everyone, anyone can get and spread COVID-19. Everyone has a role to play in slowing the spread and protecting themselves, their family, and their community.

Module 3: Masks and Face Coverings



- In this video you will learn how wearing a face covering can slow the spread of COVID-19.

Click on image to watch video.

Face Covering Requirements and Recommendations

According to the [Minnesota Department of Health](#):

- Face coverings, often called masks, can help stop your germs from infecting others.
- Research has shown that wearing masks reduces the risk of infection, especially when combined with other prevention efforts such as washing your hands often and staying 6 feet away from others.

As of July 25, 2020, per the [Governor's Executive Order](#):

- People in Minnesota will be required to wear a face covering in all indoor businesses and public indoor spaces, unless you are alone.

Face Covering Requirements and Recommendations

PICS recommends that you should always wear a mask when working with the person you serve. Listed below is information provided by MDH on who should wear a mask.

Who should wear a mask

- Everyone who can wear a mask should.
- Even if you've had COVID-19, you should still wear a mask.
- Do not put masks or face covers on children under age 2.
- Do not put masks or face covers on anyone who has trouble breathing, is unconscious, or unable to remove the mask without help.
- People with disabilities or special health needs may not be able to wear a mask.
 - Best Practices for Masks: Considerations for People with Disabilities and Special Health Needs: <https://www.health.state.mn.us/diseases/coronavirus/guidemasks.pdf>

Module 4: Cleaning and Disinfecting

How to Clean and Disinfect Your Home if Someone Has COVID-19



- This video will show how important it is to clean and disinfect surfaces.

Click on image to watch video.

KEY TIMES to Clean and Disinfect Your Home

✓ Daily

This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.

✓ If someone in the home is sick

If someone in the home is sick, after they touch additional surfaces that someone else in the home may touch, like bathroom surfaces, utensils, light switches, etc.



Keep cleaning supplies out of the reach of children.

Clean: Use soap and water to clean dirty surfaces, prior to disinfection.
Then, disinfect: apply disinfectant to surface, most of the common EPA registered household disinfectants work.



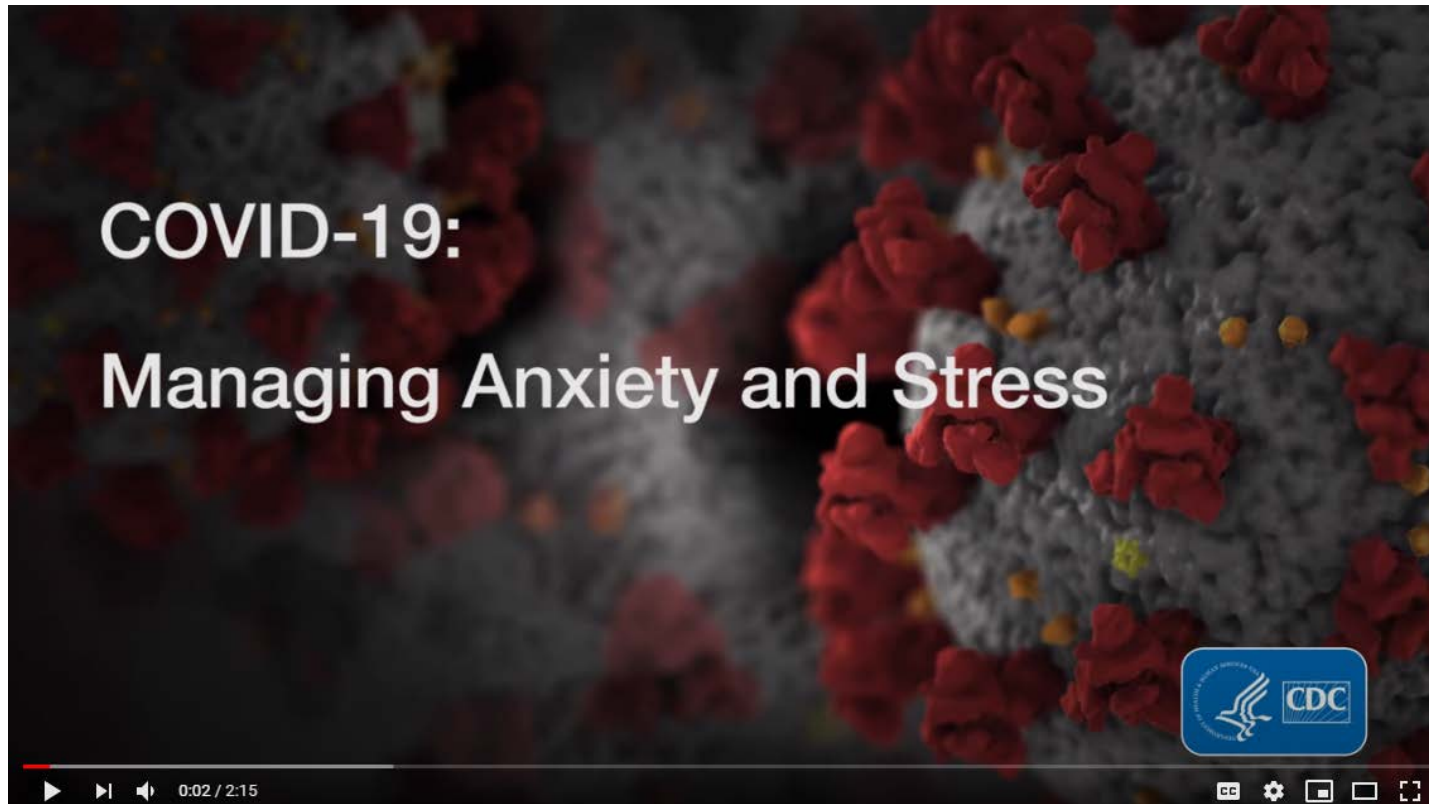
cdc.gov/coronavirus

Cleaning and Disinfecting

PICS Recommendations:

- Keep your home and space clean to stay healthy.
 - *This can help stop infections from spreading.*
- Practice routine cleaning of frequently touched surfaces and objects in public or high touch surfaces.
 - *Ex: Tables, doorknobs, light switches, countertops, handles, remote controls, phones, toilets, faucets, & sinks, etc.*
- Follow the instructions on the label to ensure safe and effective use of the product. Many products recommend.
 - *Keeping surface wet for a period of time (see product label).*
 - *Precautions such as wearing gloves and making sure you have good ventilation during use of the product.*
- Check with your Representative for their preferred cleaning and disinfecting protocols.

Module 5: Managing Stress and Anxiety



- In this video you will learn tips to help manage anxiety and stress during COVID-19.

Click on image to watch video.

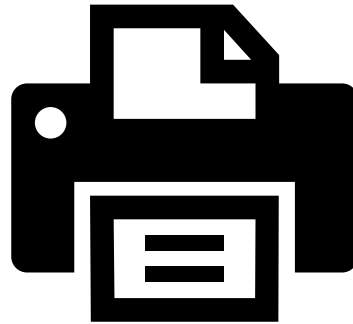
Managing Stress and Anxiety

Resources

- PICS COVID Webpage: <https://www.lssmn.org/pics/news/covid-19>
- CDC: <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>
- MDH: <https://www.health.state.mn.us/>

We are in this together, and help is always available.

Take care of yourselves, your families, and each other.



**Thank you for
completing this
training.**

If you have questions,
please reach out to your
Representative or PICS
directly at:

- Phone: 651-967-5060
- Email: info@picsmn.org



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