Puget Sound Fire would like you to know we are thinking about you during this time of a changing environment. Please take extra steps to ensure your health and well-being are not compromised.

Watch for symptoms Reported illnesses have ranged from mild symptoms to severe illness and death for confirmed coronavirus disease 2019 (COVID-19) cases. These symptoms may appear **2-14 days after exposure** (based on the incubation period of COVID-19 viruses).

Coronavirus Disease 2019 (COVID-19) Self Checker

- **Fever**
- **Cough**
- **Shortness of breath**

Older adults, 60 years and older, are at higher risk for severe illness. COVID-19 is a new disease and we are learning more about it everyday.

What is Puget Sound Fire doing:

✓ Daily self checks to make sure we are healthy at work

✓ Wearing a mask when in and out of the fire station

✓ Cleaning surfaces and equipment multiple times a day

✓ Call receivers and responders are asking patients extra safety questions

✓ Wearing PPE (Personal Protective Equipment) when seeing patients in the field

✓ Continuing to respond to meet the needs of our community

What you can do

✓ Stay home, wash hands often, clean and disinfect frequently touch surfaces

✓ Avoid close contact(6 feet, which is about two arm lengths)

✓ If you <u>must</u> go outside your home it is now recommended to wear a face mask

✓ Call your healthcare professional if you have concerns about COVID-19 and your underlying condition and/or if you are sick

Stress and coping

Fear and anxiety about the COVID-19 pandemic can be overwhelming and cause strong emotions including stress. Things you can do to support yourself:

- Take breaks from watching, reading, or listening to news stories and social media.
- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, get plenty of sleep, and avoid alcohol and drugs.
- Make time to unwind.
- Connect with others over the phone.
- Call your doctor if stress gets in the way of your daily activities for several days in a row.
- If you, or someone you care about, is feeling overwhelmed with emotions like sadness, depression or anxiety, or feel like you want to harm yourself or others call:

  - 9-1-1
  - Disaster Distress Helpline: 1.800.985.5990 or
 - Text "TalkWithUs" to 66746 (TTY 1.800.846.8517)

Professionally and compassionately helping people

Do It Yourself Cloth Face Coverings to help slow the spread of COVID-19

CDC recommends wearing cloth face coverings in public settings .The use of a simple cloth face covering may slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others.   This in no way should be a substitute for social distancing (6 feet distance). Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used as an additional, voluntary public health measure.

How to Wear Face Cover

Face coverings should—

• fit snugly but comfortably against the side of the face

• be secured with ties or ear loops

• include multiple layers of fabric

• allow for breathing without restriction

• be able to machine wash and dry without damage or change to shape.
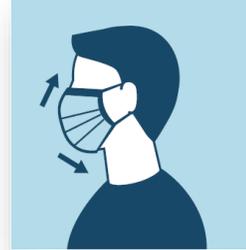
Quick Cut T-shirt Face Cover (no sew method)

Materials
• T-shirt
• Scissors

Tutorial

1.
7–8 inches

2.
6–7 inches
cut out
cut tie strings

3.
Tie strings around neck, then over top of head.

Bandanna Face Cover (no sew method)

Materials
• Bandana (or square cotton cloth approximately 20"x20")
• Coffee filter
• Rubber bands (or hair ties)
• Scissors (if you are cutting your own cloth)

Tutorial

1. cut coffee filter

2.

3. Fold filter in center of folded bandanna.
Fold top down. Fold bottom up.

4. Place rubber bands or hair ties about 6 inches apart.

5. Fold side to the middle and tuck.

6.

7.

How does one safely remove a used face cover?

Individuals should be careful not to touch their eyes, nose, and mouth when removing their face covering and wash hands before and after removing. To remove the mask: remove it from behind – do not touch the front of mask.

Kind Reminders:

• **Non-medical mask use (e.g., homemade fabric masks) does not replace the need to follow guidance to stay home and limit our contact with others**. It does not replace frequent handwashing, avoiding touching the face, and staying away from people who are ill. These are the most important steps to prevent the spread of COVID-19 illness.

• **Medical masks should be reserved for healthcare providers** who are on the front lines working to protect us all.

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*Information and statistics: Vision 20/20, www.cdc.gov/cornoavirus/2019-ncov, NFPA