

COVID-19 X YOU

A RESOURCE TOOLKIT FROM



THE BASICS

If you leave your home/bubble/pod (provided you're privileged enough to have one):



Mask Up.

Always wear a mask while in public or around others.



15 min

Keep it Short

Keep your contact with others to 15 minutes or less.



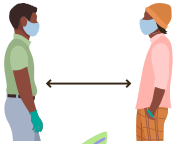
Keep it Fresh

Make sure fresh air is circulating.



Keep it Clean (Gloves won't protect you)

Wash your hands. Period.



Keep your distance

Maintain 6 feet distance from others.



Boost your Immunity.

Boost your immunity with nutrients and supplements.

Note: People can be contagious, but asymptomatic (without symptoms), which means you will not always know whether people near you are carrying the virus.

Note: Shouting, singing, and physical exertion spread breath and droplets further than regular breathing. If you choose to partake, triple your distance from others (18 feet or more).

HOW TO WEAR A MASK PROPERLY

DO THIS ✓ NOT THIS ✗

HOW TO WEAR A MASK PROPERLY

 <p>✓</p> <p>Wear your mask all the way up, close to the bridge of your nose and all the way down under your chin. The mask should fit snug around your face without gaps.</p>	 <p>✗</p> <p>Do not leave your chin exposed</p>	 <p>✗</p> <p>Do not wear a mask loosely with gaps on the side</p>
 <p>✗</p> <p>Do not wear your mask so it covers just the tip of your nose</p>	 <p>✗</p> <p>Do not push your mask on your neck</p>	 <p>✗</p> <p>Do not wear the mask below your nose</p>

Source: <https://mao.ca/covid19/maskathon>



IT'S SAFEST TO:

- **Avoid stores** - where there's risk of prolonged exposure (approx. 15 minutes or more), especially during the holidays when stores are likely to be crowded. If you can, order supplies, gifts, and groceries online or by phone. Have them delivered or pick them up curbside. Also avoid public spaces like movie theaters, arenas, and parades. The safest place to be during a pandemic is at home.
- **Stick to your home.** Avoid prolonged contact with people outside of your immediate household.
- **If you have created a "pandemic pod"** with other households, stick to that group. Keep any gatherings that pull from that group small (10 or fewer people) and short (2 hours or less)
- **Get together virtually!** Have a digital gathering.
- **Share special occasions** by prepping and delivering food or gifts while avoiding contact with others.

Beyond the Bubble



Some folks are attempting socially distanced gatherings outside of their household or “bubble” communities.

These are risky.

According to the CDC, small indoor gatherings are driving the surge of COVID-19 cases in many areas. The safest way to spend time with people beyond your home, “bubble,” or “pod” is for everyone to self-isolate (quarantine) in advance.

HOW TO SELF-ISOLATE WELL:

- All members of a household will spend at least 14 days in strict isolation away from any person or place outside of their household, with **no visitors allowed**.
- If everyone is symptom and virus free, it is okay to mingle with other symptom and virus free people. (Don't do this in a place where there could be exposure to others who haven't self-isolated.)
- States may have their own guidance, which you can check [here](#). For local COVID-19 transmission rates, check [here](#).

Note:

CDC issued guidelines: The typical incubation period for the COVID-19 virus is still around 14 days, however, the CDC says that **for people without symptoms**, quarantine can end :

- On day 10 without testing
- On day 7 after receiving a negative test result

“ If you're traveling to visit people, get to your destination **first**, then self-isolate in a local hotel or similar. It's possible to be exposed to the virus in an airport, on an airplane, on public transportation, in an elevator, in a taxi, etc.



Since you can't unring the COVID bell, NBJC recommends erring on the side of caution.

If you still plan to gather with others outside of your home/bubble/pod, there are some steps you can take to reduce (but not eliminate) risk. You can:

- Host your gathering outside
- Practice **The Basics**
- Maintain social distance, even outside
- Keep masks on at all times (barring eating and drinking, which should be of short duration and should be socially distanced)
- Hold gatherings for less than **2** hours
- Keep invites to fewer than **10** people
- Refrain from singing or shouting

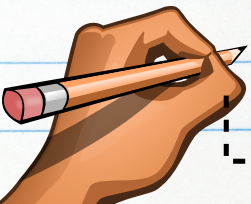
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REMEMBER:

It's extremely risky to do these things...

- Go shopping in stores, especially just before, during, or just after a holiday.
- Participate in, or be part of a crowd at, a large event (sports, marathon, parade, etc.).
- Attend a party with a large crowd, whether indoors and outdoors.
- Attend large banquets held inside.

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The Truth About Testing

- Typically, **20%** (sometimes **more**) of people carrying the virus have no symptoms, but are still contagious (asymptomatic). That's **1 out of 5 people** with the virus. They won't know they need to be tested, because they seem to be healthy.
- What we know about this virus is still evolving and test accuracy **varies** .
- Getting tested for COVID-19 is not like getting tested for a sexually transmitted infection. You can take a test, test negative, and have a false negative (as high as 37%). The virus could be ramping up in your body, but still undetectable or the test may simply be inaccurate.
- Tests appear to be more accurate around 7 days after exposure.

Caution:

Tests are still not completely accurate, and this assumes you know that you were exposed and when.

TIP:

- There are home kits available.

TRAVELING



QUICK TIPS



DRIVING

The safest way to travel is to drive in your own vehicle, where the main risks are stops along the way like restaurants, gas stations, and public restrooms. It's safest to avoid eating in restaurants or other enclosed public spaces. See "The Basics" above to help you decide how to be out in the world.

OUTINGS

If you want to have an outing, choose a space that is outdoors (like a pumpkin patch or park) and follow "The Basics". Be careful about what you touch and be sure to always wash your hands or use alcohol-based hand sanitizer before touching any part of your face or eating food.



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VACCINE NEWS



COVID-19 [vaccines](#) have been developed at lightspeed.
[Find out where you are in line.](#)

Vaccines usually take many more years to be ready for widespread human use.

Since we don't know how this will all go, we recommend that everyone keep exercising special care, follow **The Basics**, and hang tight.

NBJC is keeping an eye on news about side effects and reactions, long-term effects and risks, whether or not vaccination also means you can't spread the virus, whether the vaccines will be less effective for certain populations, and whether vaccines make people more susceptible to contracting HIV.

We need to be patient and we need to keep supporting one another through this exceptionally challenging time.

Yours in love, hope, and healing,
Team NBJC

