

## **Dealing with COVID-19—A Primer for Princeton Residents**

### **What to do, what not to do, what to look for.**

**Brought to you by the Princeton Fire and EMS departments and our medical directors**

Our community has not yet reported a single case of COVID-19. If we work together and follow some simple guidelines, we can keep it that way through this crisis. This is an ever-changing situation, and we will keep you updated as things progress.

#### **What to look for...**

- Fever
- Nonproductive cough and shortness of breath
- Likely exposure (another person who may have been exposed, with or without symptoms)

#### **What to do...**

Stay at home; practice social distancing if you go out.

Make sure to get a flu shot if you haven't already—you don't want to get hit with two diseases at once! It's never too late to get your flu shot.

If you go out, wash your hands as soon as you get home with soap and water for at least 20 seconds. If you run out of hand soap, use dish soap—any soap will work fine. There is probably little point to using hand sanitizer at home on a regular basis.

Keep hand sanitizer in your car. Use sanitizer before you enter a building. When you leave, use it again on your hands and on your steering wheel. Use it to keep your phone clean.

Keeping your mind healthy and active is important. Princeton is a rural community and there are plenty of outdoor activities that are safe and will keep your mind active and your body healthy while remaining six feet away from other people. COVID-19 is unlikely to be transmitted through the air outdoors in a rural area like Princeton

You can communicate with your neighbors by safe social distancing, phone, email, or video chat sessions.

#### **What NOT to do...**

Between hand-washings, don't touch your face (eyes, nose, mouth, etc.) This is particularly important!

Don't participate in social gatherings, don't let children use community playground equipment, etc.

Don't go from door to door to see how your neighbors are, deliver meals, etc. This may promote the distribution of the disease. Although cooking in your kitchen and driving around town to drop off meals to friends may seem like a generous thing to do, you may spread germs or even cause a food allergy reaction, especially if your kitchen is not licensed and certified. There are social agencies set up to provide these services.

Don't try to make homemade medical equipment, like face masks, etc.

Don't use vodka or other liquors as a disinfectant. The alcohol content in all liquor is too low to kill the virus.

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