



COVID-19: Best Practices on How to Protect Yourself and Others

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Outline

Outline of Webinar

- **Basics of the virus**
 - how is it transmitted, risk factors, and how long it lives on surfaces
- **How you can keep yourself safe – personal hygiene**
 - wash hands, don't touch face, wear a mask, cover sneeze/cough
- **How you can keep yourself safe – cleaning practices**
 - best ways to clean and cleaning products, how to keep family safe after you return home
- **Flattening the curve**
 - what it really means, why it works
- **Personal responsibility for safety**
- **References for presented info and how to find state-specific safety info for BECO properties**
- **Question and Answer Session**



Virus Basics

How long SARS-CoV-2 survives on surfaces

| | | | |
|---|--|---|---|
|  |  |  |  |
| <u>COPPER</u> | <u>CARDBOARD</u> | <u>STAINLESS STEEL</u> | <u>PLASTICS</u> |
| 🕒 8 HOURS | 🕒 24 HOURS | 🕒 48 HOURS | 🕒 72 HOURS |
| ✓ PIPES ✓ DOOR HANDLES | ✓ PACKAGES ✓ CEREAL BOXES | ✓ WATER BOTTLES ✓ APPLIANCES | ✓ KEYBOARDS ✓ GROCERY CARTS |

How its Spread



- Person to Person
- Contact with contaminated surfaces

Who's at Risk for Severe Disease

- Over 65 years of age
- People with certain health conditions

From CDC: How COVID-19 Spreads and New England Journal of Medicine van Doremalen et al

How you can keep yourself safe



Understand
how it spreads



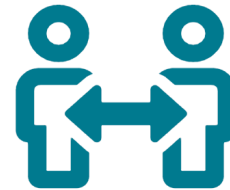
Cover
Sneeze/Cough



Cover Your
Nose/Mouth
Around Others



Wash Your
Hands



Less Close
Contact
(6 feet apart)



Disinfect and
Clean your Space
Frequently

Cleaning
Products:
which ones
and how
should you use
them



How to disinfect:

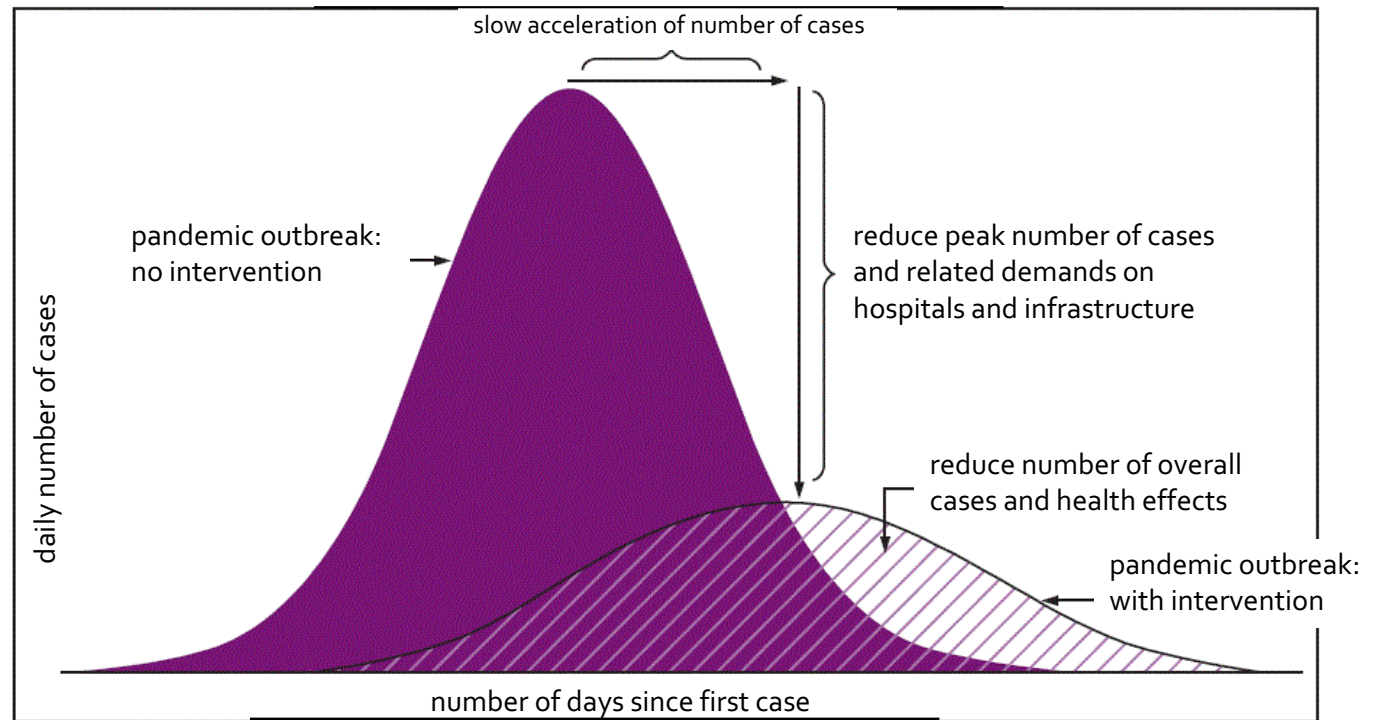
Sample List of Disinfection Products:

Lysol® Disinfecting Wipes
Clorox Multi Surface Cleaner + Bleach
Clorox Disinfecting Wipes
Lysol® Disinfectant Spray
Soft Scrub with Bleach
PURELL Professional Surface Disinfectant Wipes

Hard surfaces
Porous surfaces
Electronics

From CDC: Cleaning and Disinfection for Households and EPA: List N: Disinfectants for Use Against SARS-CoV-2

Flattening the curve: What it really means and Why it works



- Flattening the curve helps spread disease over time
 - Helps hospitals cope – less infection, less patients
 - Enough resources for those who need it
- Do your part to flatten the curve!

From LiveScience: Coronavirus: What is 'flattening the curve,' and will it work?

Personal
responsibility
for safety

Call to Action!

Before
Work

- Don't wear non-essential items
- Wear shoes and clothes that are easy to clean
- Bring lunch or other items in a disposable bag if possible



During
Work

- Disinfect used items regularly
 - Phone, work IDs, keys, etc.
- Clean surfaces and hands regularly
- Avoid physical contact such as hand shaking
- Wear a mask and physically distance yourself from others



After
Work

- Disinfect items that you bring home
- Work clothes should go directly into washer
- Leave work shoes outside the home
- Shower first thing when you get home



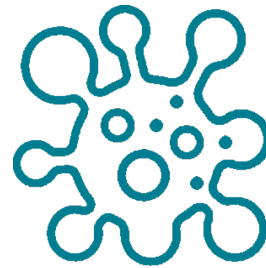
From Intermountain Healthcare: COVID-19: How to stay safe when you come home from work

Public Health References for BECO Properties in Specific States

- Illinois Public Health Department: COVID-19 Information
 - <https://www.dph.illinois.gov/covid19#tab-o-o>
- Maryland Public Health Department: COVID-19 Information
 - <https://coronavirus.maryland.gov/>
- North Carolina Public Health Department: COVID-19 Guidance
 - <https://www.ncdhhs.gov/divisions/public-health/covid19/covid-19-guidance>
- Virginia Public Health Department: COVID-19 Information
 - <https://www.vdh.virginia.gov/coronavirus/>
- BECO Contact for Properties
 - Kris Broder - kris.broder@beconet.com
 - Amy Kwak - amy.kwak@beconet.com
 - Kate Clendening - kate.clendening@beconet.com

REFERENCES

- <https://www.nejm.org/doi/full/10.1056/NEJMc2004973>
- <https://www.cdc.gov/handwashing/when-how-handwashing.html>
- <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-covid-spreads.html>
- <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>
- <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cleaning-disinfection.html>
- <https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>
- <https://www.livescience.com/coronavirus-flatten-the-curve.html>
- <https://intermountainhealthcare.org/blogs/topics/covid-19/2020/04/covid-19-how-to-stay-safe-when-you-come-home-from-work/>

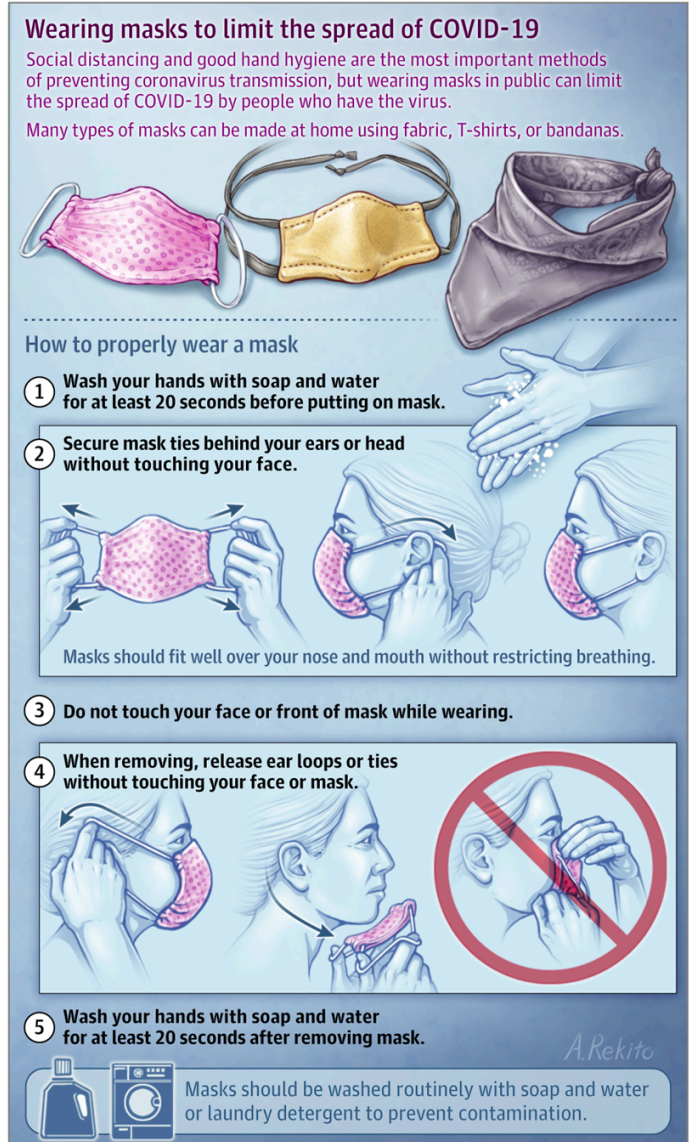


QUESTIONS?

Do Masks work?

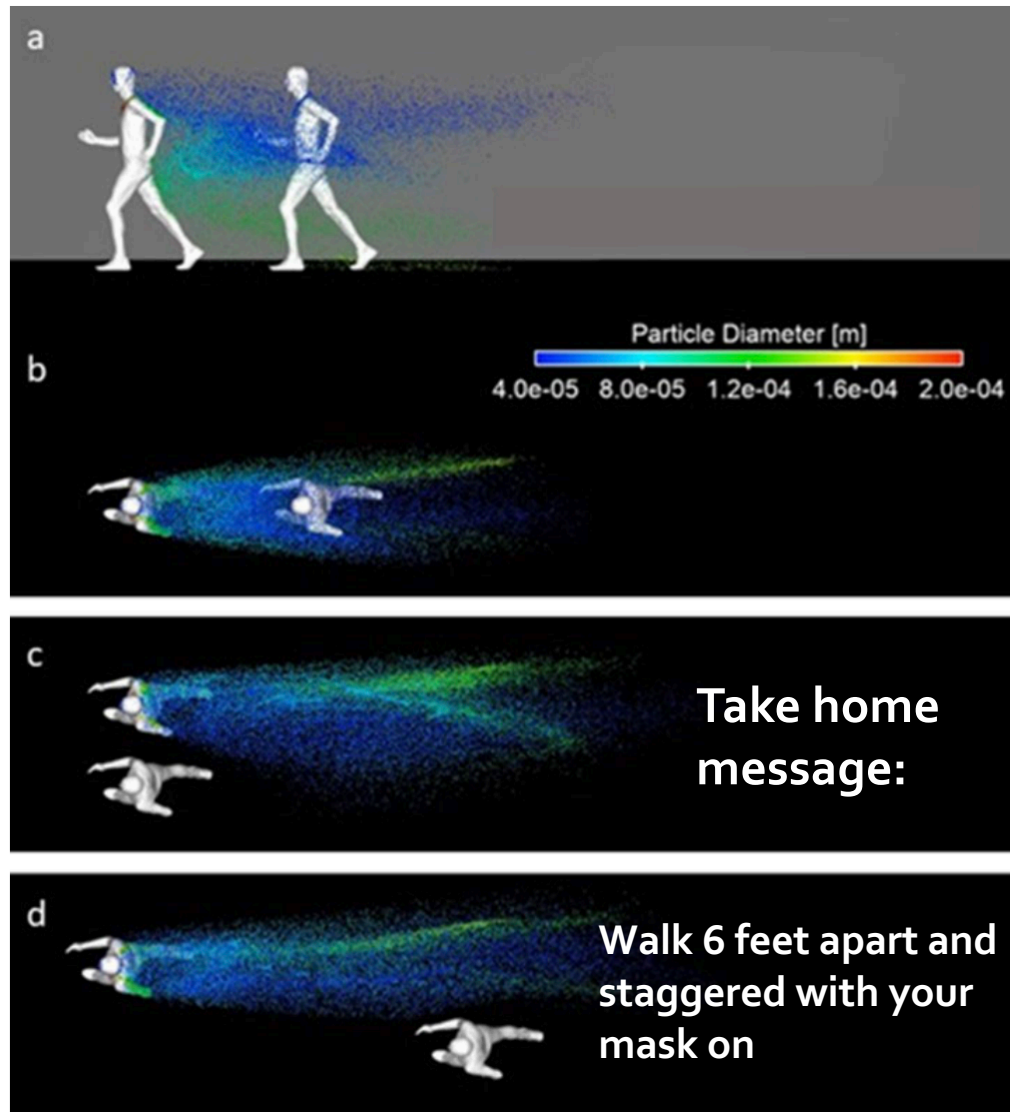
- Multiple research articles indicate that masks are effective at limiting spread
- **The Catch:**
 - We need everyone to participate
 - Only when we have high levels of use can the spread be limited
 - 80% usage could drop predicted deaths by 31% over two months in NY
- Open airways
 - 6 foot distance staggered should be implemented, and pictures show importance

From Desai et al. JAMA; Eikenberry et al Infectious Disease Modelling

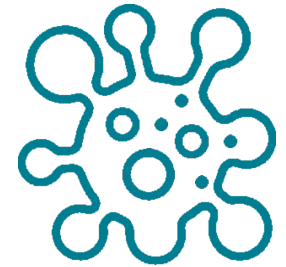


Do masks work? Open space example

*From Blocken et al. University of Technology
Netherlands*



COVID vs Flu



COVID-19 is more deadly

- COVID-19 leads to more severe disease than the seasonal flu
- Much of the population has built up immunity to several strains of the seasonal flu
- Vaccine for the Flu, but no vaccine for SARS-CoV-2 / COVID-19

| Disease | Mortality Rate |
|--------------|---------------------------|
| Seasonal Flu | 0.1 - 1.0% (at its worst) |
| COVID-19 | 3.4% |

From John Hopkins Medicine

Question References

- <https://jamanetwork.com/journals/jama/fullarticle/2764955>
- <https://www.sciencedirect.com/science/article/pii/S2468042720300117?via%3Dihub>
- http://www.urbanphysics.net/COVID19_Aero_Paper.pdf