

ALPHA OMICRON PI

Fraternity

Alpha Omicron Pi
International Headquarters

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COVID-19 Awareness

COVID-19/Coronavirus Spread & Symptoms:

- Spreads via respiratory droplets produced when an infected person sneezes or coughs.
- Spreads between people who are in close contact (within about 6 feet).
- Symptoms including fever, cough and/or shortness of breath may appear in as few as 2 days to as long as 14 days after exposure.

For people who are ill with COVID-19, please follow CDC guidance on how to reduce your risk of spreading your illness to others:

- Stay home except to get medical care.
- Separate yourself from other people in your home.
- Call ahead before visiting your doctor.
- Wear a facemask if you are sick.
- Cover your coughs and sneezes with your elbow or tissue.
- Wash your hands often.
- Avoid sharing personal household items.
- Clean and sanitize all “high-touch” surfaces every day.
- Monitor your symptoms.

Prevention:

- Wash hands with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains 60-95% alcohol when soap and water are not available.
- Avoid touching your eyes, nose and mouth.
- Stay home if you are sick.
- Clean and disinfect objects and surfaces that have been touched.
- Cover nose and mouth when coughing and sneezing with a tissue, then immediately dispose of the tissue and wash hands for 20 seconds.

Source: ServSafe | For additional recommendations and resources, please review www.cdc.gov/coronavirus

