


Coronavirus Guidance

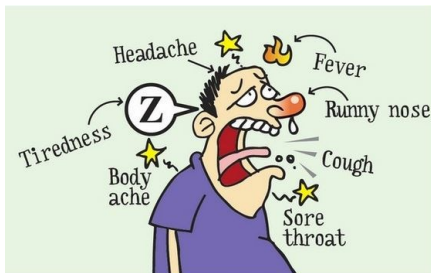
Assisted Living Center - Salisbury
Covid-9 Updates

978 463-9835 or 

www.assistedlivingcenter.org

Did you know...?

1. If you have a **runny nose**, you have a **common cold**.
2. **Coronavirus pneumonia** is a **dry cough with no runny nose**.
3. Coronavirus is not **heat resistant** and will be killed by a temperature of 80 degrees F. It hates the sun.
4. If someone **sneezes**, it takes about 10 feet before it drops to the ground and is no longer airborne.
5. The virus will last at least **12 hours on a metal surface**. Wash your hands and sanitize the item if possible.
6. On **fabric it can survive up to 12 hours**. Normal laundry detergent will kill it.
7. Drinking **warm water** is effective for all viruses.
8. Try not to drink liquid with ice.
9. You should **gargle with salt in water** as a prevention.
10. **Drink plenty of water**.



Take care of your emotional health.

- Call 211 and choose the CALL2TALK option.
- Samaritans - Call or text helpline 877 870-4673
- Disaster Distress Helpline -1-800-985-5990

The Virus Process

1. It will first infect the throat; you will have a **sore throat** lasting 3–4 days.
2. The virus then blends into a **nasal fluid** that enters the trachea and then the **lungs**, causing **pneumonia**. This takes about 5 –6 days longer.
3. With the **pneumonia** comes **high fever** and **difficulty breathing**.
4. The **nasal congestion** is not like the normal kind. You feel like you are drowning.

This information is provided by the Rosenberg Healthcare System
and the Department of Veterans Affairs in Brookings, Oregon.