

Stop The Spread of COVID-19 In Zambia

It Is Up To The People

1. Stay home.
 2. When outside your home, maintain 2m – 3m (6-10ft) physical distancing from others. COVID-19 can spread for 2-weeks before symptoms. Physical distancing limits the spread.
 3. When leaving home, wear a multi-layer cloth face covering. This can be made from a t-shirt (see pattern page 2). COVID-19 can spread for 2-weeks before symptoms. Face coverings limit the spread.
 4. Wash your hands for 20-seconds with soap and water when returning home. COVID-19 can spread for 2-weeks before symptoms. Hand washing limits the spread.
 5. If soap and water are not available, use 60% alcohol-based hand sanitizer after touching surfaces in public, including money and items you purchase from others. COVID-19 can spread for 2-weeks before symptoms. Hand sanitizing limits the spread.
 6. Do not touch your face, eyes, nose or mouth with unwashed hands. COVID-19 can spread for 2-weeks before symptoms. Not touching your face limits the spread.
 7. One person from your home should leave for shopping, all others should remain home. COVID-19 can spread for 2-weeks before symptoms. Reducing exposure of your household limits the spread.
 8. Monitor your health for cough or fever (38C or 100.4F). If you feel ill, immediately isolate from your household and contact a health provider for testing. COVID-19 can spread for 2-weeks before symptoms. Symptoms are a late sign of the spread.
 9. Avoid all social situations when you cannot maintain physical distance – including transportation, church, school and shopping.
 10. Sanitize all frequently-touched surfaces in your home daily with bleach water cleaner (bleach 5ml / water 250ml). Sanitize items before bringing them into your home.
 11. The elderly and those with underlying health conditions such as lung disease, heart disease – including high blood pressure and diabetes seem to be at higher risk. Be sure they know how to be safe. You are now a beacon of accurate information for your community.
 12. If we use **Universal Precautions** – we consider ourselves as ‘infected’, and others as ‘infected’. If we take these precautions, we can stop the spread. **I protect you, you protect me.**
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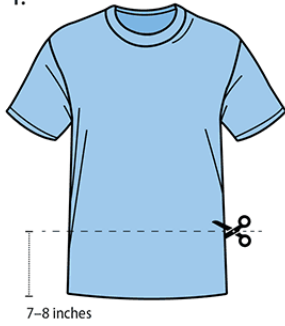


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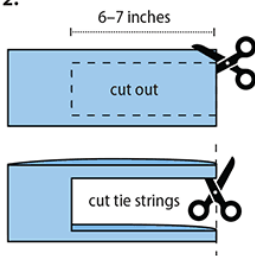
LUKA International Foundation has been working alongside Zambian friends since 2009. We share this information to improve health. We care deeply and pray this is helpful in the fight against COVID-19.
Dr. Deb McCulloch www.lukafoundation.org

Cloth Face Covering

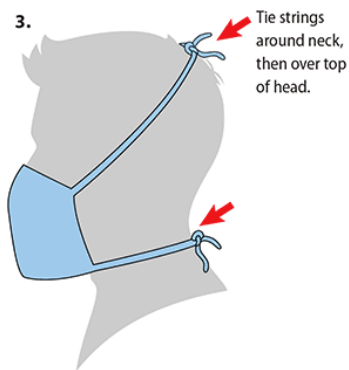
1.



2.



3.



<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>



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