

1. The Organism

The coronavirus. CoVID 19 is the illness caused by the virus.
(For more information, visit the CDC, WHO, and NIH* websites.)

Break the chain:

- Prevention, not panic. Take calm, decisive action.
- Kill the virus with proper hand washing. Don't touch your face with unwashed hands, practice social distancing, and disinfect personal surfaces frequently touched.

2. Reservoir

The virus thrives in our respiratory tract, but it can survive on surfaces outside the body for three hours to three days. Infected people can be contagious before symptoms present themselves or without ever experiencing symptoms.

Break the chain:

- Treat everyone as though they have the virus.
- Take precautions to reduce transmission (read on).

3. Exit portal

The virus exits the body in infected droplets spewed into the air by coughing, sneezing

or talking and can contaminate surfaces touched by unwashed hands.

Break the chain:

- Cough/sneeze into your sleeve or a tissue, not your hands.

(Virus can spread by shaking hands and touching public surfaces such as credit cards, money, gas pumps, keyboards, store products, etc.)

- Throw used tissues directly into the trash.
- Wash hands thoroughly as soon as you get home.
- Self isolate. Avoid crowds. (social distancing)
- Stay at least 6-feet away from others.

Break the Chain of Infection

If you break any of these links it can prevent you from getting sick or infecting others.

4. Transmission

The virus spreads to a new host through direct or indirect contact.

Break the chain

- Do not shake hands or hug.
- Avoid inhaling infected droplets from someone coughing, sneezing or talking in your face. (Infected droplets are thought to survive for up to 3 hours in a closed space.**)
- Stay at home.
- Wash your hands for 20+ seconds after blowing nose, coughing, sneezing or after touching surfaces in public. (Soap is best, but if it isn't available use hand sanitizer.***)
- Never touch eyes, nose, and mouth with unwashed hands.
- Disinfect surfaces you touch daily.*** (ie: phone, steering wheel, toilet and fridge handles, kitchen counter, faucets, TV remote, doorknobs, etc.)

6. New host

The immune system is the final link to stop the virus. Older adults and people with severe medical conditions seem to be at higher risk.

Break the chain:

- Support your immune system (ie: sleep well, drink lots of water, exercise, eat healthy foods, manage stress.)
- If caring for someone with the disease, take precautions to minimize your exposure to the virus.

5. Entry portal

The virus can enter the human host through the respiratory system (nose, mouth), and eyes.

Break the chain:

- Assume everyone is infected and maintain a safe distance of at least 6 feet.
- Do not touch your face unless your hands are clean.

Sources: CDC; WHO; APIC; Dr. Theresa Bernardo; Dr. Frances Downes. **Infographic by** Karl Gude, and Carol Navarro, RN.

*CDC: Centers for Disease Control; WHO: World Health Organization; NIH: National Institutes of Health. **Study pending peer review.

***You can make disinfectants. Visit Consumer Reports article, "These Common Household Products Can Destroy the Novel Coronavirus"

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