



COVID-19 TIPS FOR THE WEEK

May 8th, 2020

Congratulations to our graduates and all MMC students for successful completion of another semester.

Here are tips for travel during the summer months:

Sleep disturbance is a common occurrence during a pandemic.

- The lifting of many restrictions in Tennessee does not mean COVID-19 is less of a threat.
- Be diligent in washing hands, social distancing, and wearing a mask in public places.
- Cloth masks for personal use can be made or purchased.
- Do not travel if you are sick or with someone who is sick.
- Be aware of local restrictions that vary between cities, counties, and states.
- CDC still recommends avoiding public outings and travel as much as possible.
- If staying in a rental, disinfect surfaces (counters, dressers, doorknobs, computer keys, and phones, etc.) with an EPA-approved cleaner (diluted bleach solution or 60% alcohol).

Link: <https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>

Additional information:

- There is a tremendous amount of false information circulating concerning COVID-19.
- The Centers for Disease control and Prevention (CDC) is the best source for information for your health and safety related to COVID-19.

Link: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

- There are several identified strains of COVID-19. This combined with an individual's genetic make-up, age, gender, and comorbidities leads to variations in the virus's spread, intensity of illness, and symptom presentation.
- Some individuals can be contagious and not aware of the infection. There is evidence that some will test negative in early stages of infection. So, treat everyone, including yourself, as contagious and wear a mask.
- Be wise and be safe.

