ITK CAREGIVERS KNOW THE FACTS ABOUT
CORONAVIRUS

KNOW THE THREE Ws: WASH, WEAR & WAIT
Whether you are on the job or just out running errands, follow these three easy guidelines to prevent the spread of COVID-19

WASH:
Wash hands frequently with soap and water for 20+ seconds.

WEAR:
Wear a mask when you cannot be at least 6 feet from others.

WAIT:
Wait at least 6 feet from others to avoid close contact in public.

WHO SHOULD WEAR A MASK?
The CDC recommends EVERYONE wear a cloth face covering “in public.” Always wear a mask if . . .

- You are a healthcare worker providing close, personal care to clients, whether you have symptoms or not.
- You are a home care client receiving close, personal care, whether you have symptoms or not.

KNOW THE SYMPTOMS
Fever or Chills  Cough  Difficulty Breathing  Fatigue

ADDITIONAL SYMPTOMS:
- Muscle or body aches
- Headache
- Sore throat
- Nausea or vomiting
- Diarrhea
- New loss of taste or smell
- Congestion or runny nose

KNOW THE RISK FACTORS
Everyone is at risk for getting COVID-19 if they are exposed to the virus, but people of any age with the following conditions are at increased risk:

- Chronic kidney disease
- COPD
- Obesity (BMI of 30+)
- Weakened immune system
- Serious heart conditions
- Sickle cell disease
- Type 2 diabetes

NEED AN INFECTION CONTROL REFRESHER?
Check out these courses from intheknow:

INFECTION CONTROL IN HOME CARE
HANDWASHING
STANDARD PRECAUTIONS
AND MORE!

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