

5 MYTHS / 5 FACTS ON COVID-19

STAY SAFE, STAY HEALTHY

There is a lot of information available on COVID-19. Below are 5 Myths / 5 Facts to consider when making decisions on how best to protect ourselves, our families, our friends and our co-workers. Commit to #stopthespread and staying safe and healthy both inside and outside of work.

MYTH

If I'm young and healthy and get COVID-19, I won't get very sick and I'll recover fast.

COVID-19 is only a flu, so I don't need to worry about it.

I'm not going to wear a mask because they are not effective.

Testing isn't available and it's uncomfortable.

We will have a vaccine soon so I don't really need to worry about the virus.

FACT

Even young people can get very ill and die. And many people who do recover, have long-lasting side-effects. You may also not feel sick but can have the virus and transmit it to others, including those in high-risk categories, like the elderly and immunocompromised.

COVID-19 is born from an influenza virus, but it is more harmful and more deadly than the traditional influenza virus, and it is transmitting faster.

Masks can be more than 90% effective in minimizing the spread of the virus. Even cloth masks can be more than 50% effective.

In many regions, testing is more widely available and often you don't need to have symptoms or a doctor's note to get tested. In addition, many of the testing sites use flexible swabs that are not as invasive or uncomfortable.

Many vaccines are under development around the world and we are optimistic that we will make quick progress. However, formal approval, including making sure the vaccine is safe and effective, will take some time, as will mass production and availability. Just like the yearly flu vaccine, the COVID-19 vaccine's effectiveness may not be 100 percent.

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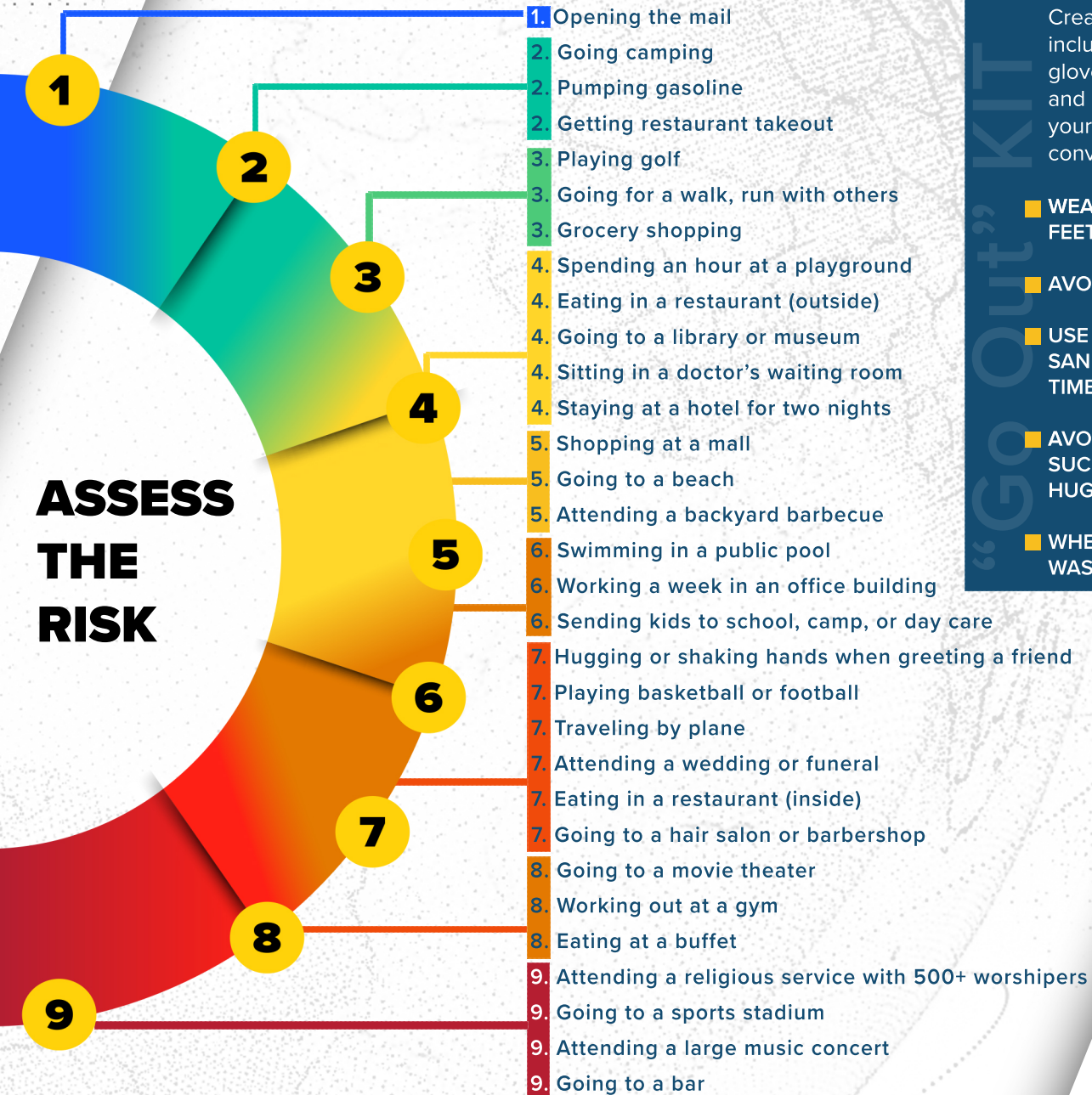
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WHAT'S MY COVID-19 RISK?

STAY SAFE, STAY HEALTHY

The world is combating a global pandemic, but sometimes we want or need to engage in certain activities outside of our home. Here's information that can help you evaluate which activities pose more risk than others. Commit to #stopthespread and staying safe and healthy both inside and outside of work.

ASSESS THE RISK



Create a "Go Out" kit that includes masks, hand sanitizer, gloves and sanitizing wipes and keep it in a place near your front door so it is convenient to remember

- WEAR A MASK AND KEEP 6 FEET APART
- AVOID TOUCHING YOUR FACE
- USE HAND SANITIZER AND/OR SANITIZING WIPES EVERY TIME YOU TOUCH SOMETHING
- AVOID PERSONAL CONTACT, SUCH AS HAND SHAKING, HUGGING OR FIST BUMPING
- WHEN YOU RETURN HOME, WASH YOUR HANDS

Ranked by physicians from the TMA COVID-19 Task Force and the TMA Committee on Infectious Diseases. Please assume that participants in these activities are following currently recommended safety protocols when possible.

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4 SIMPLE WAYS TO COMBAT COVID-19

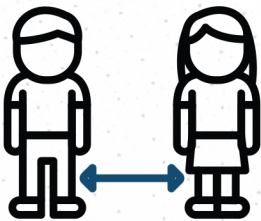
STAY SAFE, STAY HEALTHY

COVID-19 continues to spread in our communities, but we can take steps to protect ourselves, our families, our friends and our colleagues. Let's commit to #stopthespread by taking the following actions both inside and outside of work.



1. **WEAR A MASK**

KEEP THE COVERING ON YOUR
FACE WHILE OUT IN PUBLIC



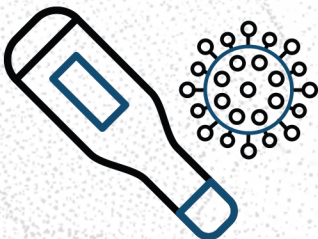
2. **STAY 6 FEET APART**

KEEP YOUR DISTANCE FROM OTHERS
AND MEET OUTSIDE WHEN YOU CAN



3. **WASH YOUR HANDS**

SCRUB HANDS WITH SOAP AND WATER
FOR AT LEAST 20 SECONDS



4. **GET TESTED**

IF YOU ARE NOT FEELING WELL OR
THINK YOU MAY HAVE BEEN EXPOSED
TO COVID-19, GET TESTED

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