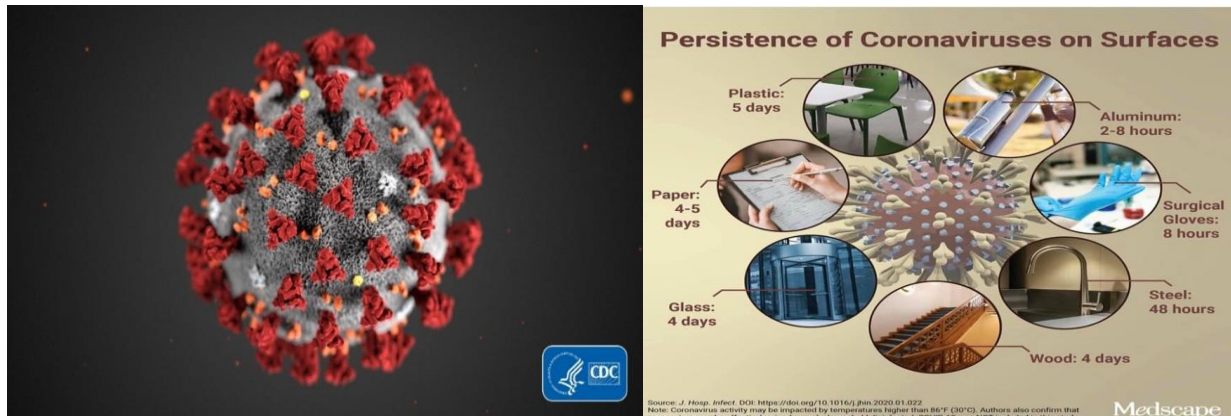


# COOSAW CREEK COUNTRY CLUB (CCCC) COVID-19 RECOMMENDATIONS

based on CDC and SCDHEC Guidelines



## Practice Good Hygiene to Prevent COVID-19 Spread:

- Avoid close contact with sick people.
- While sick, limit contact with others as much as possible.
- Stay home if you are sick.
- Cover your nose and mouth when you cough or sneeze.
- Avoid touching your eyes, nose and mouth with unwashed hands; germs spread this way.
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol based hand rub with at least 60% alcohol.
- Clean and disinfect surfaces and objects that may be contaminated with germs

## Detailed CDC Guidelines:

- If you feel sick, stay home. Don't go to work. **Contact your doctor.**
- If your children are sick, keep them home.
- If someone in your house has tested positive for the coronavirus, keep the entire household at home. Don't go to work.
- If you are older, stay home and away from people.
- If you have underlying health conditions, stay home and away from others.
- If you work in infrastructure, follow CDC guidelines to protect health.
- Work or engage in schooling from home when you can.
- Avoid social gatherings.
- Avoid eating or drinking at bars, restaurants or food courts. Use drive-through, pickup or delivery options for food.
- Avoid shopping trips, social visits and discretionary travel.
- Do not visit nursing homes or retirement homes.
- **Practice good hygiene.**

## Cleaning Products that kill COVID-19, if used properly:

- Disinfect high-touch areas such as faucet handles, doorknobs, stair rails and countertops.

- Best practice is to disinfect these surfaces several times a day.
  - Soap and water works. The soap removes the viral particles that have attached themselves to surfaces — whether it's your hands, face or countertops — and suspends them in the water, so they can be washed away
  - Bleach is very effective at killing the coronavirus, as well as virtually every other germ on the face of the planet. The CDC formula for making a diluted bleach solution: Use 5 tablespoons (1/3 cup) of bleach in one gallon of water or 4 teaspoons of bleach in one quart of water.
  - Hydrogen peroxide is not as strong as bleach, use it straight. Hydrogen peroxide decomposes into water and oxygen.
  - Rubbing alcohol products that are at least 70 percent alcohol will kill the coronavirus with less potential for damage than bleach.
  - Distilled white vinegar or vodka - no evidence that they are effective against coronavirus."

Source: <https://www.nbcnews.com/better/lifestyle/many-common-household-cleaning-products-can-kill-coronavirus-if-you-ncna1160271>

#### **RECOMMENDATIONS to Residents**

- Secure Medical Prescriptions for 60-90 days
- If High Risk Resident (Age 65+, compromised immune system) Cancel Non-essential Doctors Visits
- Advocate and Practice Social Distancing
- Wash Hands Religiously
- Stay in touch with Neighbors (by phone) - do they need help?
- Reach out to Elderly and Reassure them via Facetime, or Phone Calls
- Advocate to Millennials to adhere to CDC Guidelines
- Follow CDC Guidelines if symptoms appear:
  - **Call Doctors Office if you have fever, coughing, shortness of breath**
  - If in the High-Risk Group: STAY HOME – Self Quarantine!!!
  - Leverage local Telehealth Resources

#### **Telehealth and Phone Resources in Low Country:**

- **MUSC:** COVID-19 Screening free when enrolled into MUSC Virtual Care Platform at <https://campaigns.muschealth.org/virtual-care/index.html>
- **Roper St. Francis:** COVID-19 Virtual Care Screenings free. Enroll for COVID Consult at <https://www.rsfh.com/virtualcare/fags>

**Self Regional Healthcare:** Call the COVID-19 Screening Line at **(864) 725-4500**

- Trident Tele Health COVID -19 Nurse: **843-832-0047**
- **911**

Remember, we are a community and caring for each other is most important as this crisis unfolds. Be patient, be calm. We Americans have grit, determination and are resilient.

*Prepared by: Coosaw Creek Disaster Preparedness Committee (updated 1 April 2020)*