

## COVID-19 ("Coronavirus"): 5 Rules

with Buck Greene for [www.ModernCombatAndSurvival.com](http://www.ModernCombatAndSurvival.com)

### 1. Wash Your Hands Often

Washing your hands with soap and water (not hand sanitizer, which is less effective) physically removes germs from your hands.

- Frequent hand washing is one of the best ways to help prevent infection.
- It's not a guarantee, but good hygiene is always a great step in helping reduce risk.
- This is all about risk reduction. There is still risk, but get it as low as you can.
- Be aware that frequent hand washing will also roughen your skin and may cause it to dry and crack. You may need to use a moisturizer if you can get some, to help keep your skin from cracking and opening wounds.

### 2. Cough Into Your Elbow

Older adults were taught to cough into their hands.

- Coughing into your hand covers your hand in whatever germs you have.
- When you then touch things, you spread that infection... all because you were trying not to cough on other people.
- Kids today are taught to cough into the crook of the elbow (the "elbow pit").
- This makes sense, because you touch almost nothing, ever, with the crook of your elbow, and therefore there is less chance of spreading around germs.

### 3. Don't Touch Your Face

Most of us simply don't think about how often we touch our faces.

- Touching your nose or eyes is one way to introduce an infection into your body.

- Learn new habits for your hands to keep them away from your face, including keeping them in your pockets by default.
- Habits, by definition, are hard to break, and casually touching your face is something most of us have done all our lives.
- One way to help with this, when you are in public, is to wear gloves. Most of us won't stick a gloved finger in our eyes because the glove is larger and "foreign". Leather gloves are no barrier to infection, really, but may help you "unlearn" the practice of touching your eyes.

### 4. Stay 3 Feet (1 Meter) From People

The term everyone is using is "social distancing."

- Whenever possible, stay at least 3 feet, or 1 meter, from strangers... but this will be hard to do in crowded areas.
- Go around and avoid large crowds. Cross the street to avoid other people. Don't go into densely packed areas unless you absolutely have to (like at the grocery store).

### 5. Stay Home If You're Sick

If your symptoms aren't serious, but you ARE sick, avoid exposing other people.

- Those without serious symptoms will just clog up hospitals and emergency rooms, while exposing themselves to greater possibility for serious infection.
- If your symptoms worsen, check with your medical provider to find out what the protocol is for getting seen. You don't want to just expose an entire ER to the illness.

*Prepare. Train. Survive.*