



## Practical Tips for Preventing COVID-19 Transmission for Your Congregants

Information below based on knowledge available as of June 13, 2020

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### Presentation Objectives:

- **Help Empower** your congregants with knowledge and strategies on how to protect themselves against COVID-19
- **Understand:**
  - How COVID-19 can enter the body to make someone ill
  - Basic principles of handling, wearing, removing, and caring for a face mask
  - The benefits of good hand hygiene practices

<p><b>Module 1:</b> Conditions Where COVID-19 is Easily Spread Among People</p> <ul style="list-style-type: none"> <li>● Crowded spaces</li> <li>● Loud areas</li> <li>● Enclosed or small spaces</li> <li>● Poor ventilation</li> <li>● Actions that increase risk:               <ul style="list-style-type: none"> <li>○ Face mask status: partial or absent</li> <li>○ Long duration in space</li> <li>○ Fast breathing</li> <li>○ Loud voice or singing</li> <li>○ Coughing or sneezing</li> <li>○ Smoking</li> <li>○ Vaping or e-cigarette use</li> </ul> </li> </ul>	<p><b>Module 2:</b> Conditions That Help Reduce COVID-19 Spread Among People</p> <ul style="list-style-type: none"> <li>● Clean hands</li> <li>● Hand awareness</li> <li>● Wearing a face mask when around others</li> <li>● Correct face mask use of others</li> <li>● Physical distancing</li> <li>● Planning and flexibility</li> <li>● Wellness and general health</li> </ul>
<p><b>Module 3:</b> Strategy to Stay Safe: Risk Assessment &amp; Decision Making</p> <ul style="list-style-type: none"> <li>● Awareness of Surroundings</li> <li>● Planning in advance</li> <li>● Flexibility</li> </ul>	<p><b>Module 4:</b> Applications in Daily Life</p> <ul style="list-style-type: none"> <li>● Essential shopping &amp; grocery handling</li> <li>● Public transportation</li> <li>● Having or being a guest</li> <li>● Acts of support</li> <li>● Other</li> </ul>



## Additional Resources

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### Supplemental Videos by Dr. Rama B. Rao

- [COVID-19 Strategy](#)
- [Making a Face Mask at Home](#)
- [How to Wear and Remove a Face Mask](#)
  - [Face Mask with a Wire](#)
  - [Removing a Face Mask with Head Straps](#)
- [Entertaining: Having or Being a Guest](#)
- [Essential Shopping & Grocery Handling](#)
- [Hand Washing](#)
- [Wellness](#)

### CDC and NYC Department of Health & Mental Hygiene COVID-19 Resources:

- CDC [Wearing a Cloth Face Covering](#)
  - [How to Wear a Mask](#)
  - [Caring for Your Cloth Mask](#)
- CDC [How to Clean and Disinfect Your Home](#)
- CDC [Running Essential Errands](#)
- NYC DOHMH [Coping Strategies for COVID-19](#)
- NYC DOHMH [Wellness: Staying Connected During COVID-19](#)

### Resources for Persons in Recovery:

- NYC DOHMH [Alcohol Use During COVID-19](#)
- NYC DOHMH [Substance Use During COVID-19](#)
- NYC DOHMH [Tobacco Use: Resources to Quit](#)
- NYC DOHMH [E-cigarettes/Vaping During COVID-19](#)
- NYC DOHMH [Opioid Use: Buprenorphine and Methadone During COVID-19](#)