## 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

### Module 1: Conditions Where COVID-19 is Easily Spread Among People
- Crowded spaces
- Loud areas
- Enclosed or small spaces
- Poor ventilation
- Actions that increase risk:
  - Face mask status: partial or absent
  - Long duration in space
  - Fast breathing
  - Loud voice or singing
  - Coughing or sneezing
  - Smoking
  - Vaping or e-cigarette use

### Module 2: Conditions That Help Reduce COVID-19 Spread Among People
- Clean hands
- Hand awareness
- Wearing a face mask when around others
- Correct face mask use of others
- Physical distancing
- Planning and flexibility
- Wellness and general health

### Module 3: Strategy to Stay Safe: Risk Assessment & Decision Making
- Awareness of Surroundings
- Planning in advance
- Flexibility

### Module 4: Applications in Daily Life
- Essential shopping & grocery handling
- Public transportation
- Having or being a guest
- Acts of support
- Other
Additional Resources

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