

CORONAVIRUS

NCRA-ANREC

WHAT YOU NEED TO KNOW AS A VOLUNTEER

How does COVID-19 spread?

Novel Coronavirus is most commonly spread from infected person to others through:

The air by coughing and sneezing

Close personal contact, such as touching or shaking hands

Touching an object or surface with the virus on it, then touching your mouth, nose, eyes before washing your hands

SIGNS & SIMPTOMS

The flu-like symptoms are very similar to a common cold which could last for a few days. This includes:

Cough Fever Hard to breathe

STATION RULES

- If you are sick, stay home!
- Let the station know ASAP if you are sick or become sick
- Have a back-up show prepared if you are away

HOW CAN I PROTECT MYSELF WHEN I AM AT THE STATION?

- Disinfect your smartphone and other devices you bring to the station
- Bring your own headphones
- Wash your hands often with soap and water for at least 20 seconds.
- Avoid touching your eyes, nose or mouth