

## COVID-19 FACTS SHEET

1. BG Trybula has authorized WSMR to move to Phase 2 (Moderate, HPCON Bravo):

a. The phase recognizes that the sustained transmission of COVID-19 is no longer evident, but there remains evidence of continued COVID-19 transmission in the local community and constant vigilance to reduce the possibility of community spread must be maintained.

b. During Phase II the the Garrison Commander (COL Howell) is the approval authority for sponsorship to on post Housing (Non-Work related), and other visitors to the Garrison. All Exceptions to Policy (ETP's) will be routed through the Garrison for approval.

### Germs Spread

Washing hands can keep you healthy and prevent the spread of respiratory and diarrheal infections from one person to the next. Germs can spread from other people or surfaces when you:

- Touch your eyes, nose, and mouth with unwashed hands
- Prepare or eat food and drinks with unwashed hands
- Touch a contaminated surface or objects
- Blow your nose, cough, or sneeze into hands and then touch other people's hands or common objects

### Key Times to Wash Hands

You can help yourself and your loved ones stay healthy by washing your hands often, especially during these key times when you are likely to get and spread germs:

- **Before, during, and after** preparing food
- **Before** eating food
- **Before and after** caring for someone at home who is sick with vomiting or diarrhea
- **Before and after** treating a cut or wound
- **After** using the toilet
- **After** changing diapers or cleaning up a child who has used the toilet
- **After** blowing your nose, coughing, or sneezing
- **After** touching an animal, animal feed, or animal waste
- **After** handling pet food or pet treats
- **After** touching garbage

## **Follow Five Steps to Wash Your Hands the Right Way**

Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs. Clean hands can stop germs from spreading from one person to another and throughout an entire community—from your home and workplace to childcare facilities and hospitals.

Follow these five steps every time.

1. **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. **Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
4. **Rinse** your hands well under clean, running water.
5. **Dry** your hands using a clean towel or air dry them.

## **How to Wear Your Mask**

CDC recommends that you wear masks in public settings around people who don't live in your household and when you can't stay 6 feet away from others. Masks help stop the spread of COVID-19 to others.

- Wear masks with two or more layers to stop the spread of COVID-19
- Wear the mask over your nose and mouth and secure it under your chin
- Masks should be worn by people two years and older
- Masks should NOT be worn by children younger than two, people who have trouble breathing, or people who cannot remove the mask without assistance
- Do **NOT** wear masks intended for healthcare workers, for example, N95 respirators
- CDC does not recommend the use of gaiters or face shields. Evaluation of these face covers is on-going but effectiveness is unknown at this time.

# **State of New Mexico**

## **EXECUTIVE ORDER 2020-064**

### **NM STATE OF PUBLIC HEALTH EMERGENCY EXECUTIVE ORDER 2020-004.**

1. In consultation with the New Mexico Department of Health, I have determined that the statewide public health emergency proclaimed in Executive Order 2020-004, and renewed in Executive Orders 2020-022, 2020-026, 2020-030, 2020-036, 2020-053, 2020-55, and 2020-059 shall be renewed and extended through October 16, 2020.

Updated guidance under public health orders.

- Youth sports for no more than 10 in a group, for practice and skills development (no games); but contact sports are still not allowed.
- Camping for state residents allowed at open state parks effective Oct. 1, but no more than 10 in a group.
- Pick-your-own pumpkin patches will be permitted, with state guidance on safe practices coming soon.
- Ice skating rinks for hockey and figure skating lessons and groups will be permitted by appointment, and swimming pools for up to 10 people at a time.