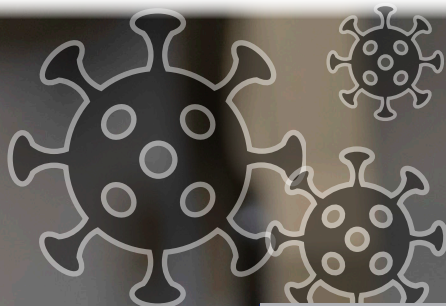


# CORONAVIRUS DISEASE 2019 (COVID-19)

PREVENT COVID-19 FROM SPREADING AT WORK, IN THE COMMUNITY AND AT HOME.

Many outbreaks are associated with Airmen dropping their guard. You can't see it - but you can prevent it!



## THE BEST TOOLS ARE NON-PHARMACEUTICAL INTERVENTIONS (NPI):



Wear a cloth face covering

Avoid close contact with people who are sick; DON'T go to work if you're sick



Avoid touching your eyes, nose & mouth

Practice social distancing; avoid crowded places where it's difficult to maintain distancing



Wash hands with soap & water for at least 20 seconds



# COVID-19 REMAINS A THREAT ALTHOUGH RESTRICTIONS MAY BE EASING

AIRMEN HAVE CONTRACTED COVID-19 AS A RESULT OF REDUCED USE OF RECOMMENDED PRECAUTIONS



STAY STRONG. Adhere to all local recommendations.

## BE AWARE OF FOUR PITFALLS THAT MAY DEGRADE YOUR VIGILANCE:

**OVERGENERALIZING:** Applies past experience to this situation. COVID-19 is new and information continues to evolve. Apply a 'beginner's mind' as this is the first time we've faced COVID-19.



**MINIMIZING:** Denying the seriousness of the crisis by wrongly thinking "COVID-19 is like the flu" or "it only affects elderly people."



**EMOTIONAL REASONING:** Realize the threat is real and others are concerned about their health. Arm yourself with the facts: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

**ENTITLEMENT** is the feeling of being able to do what you want, regardless of the impact on others. To be a good Wingman is to think of others first. Social distancing, wear of face coverings and hand washing protects Airmen, our families and communities, and the Mission.