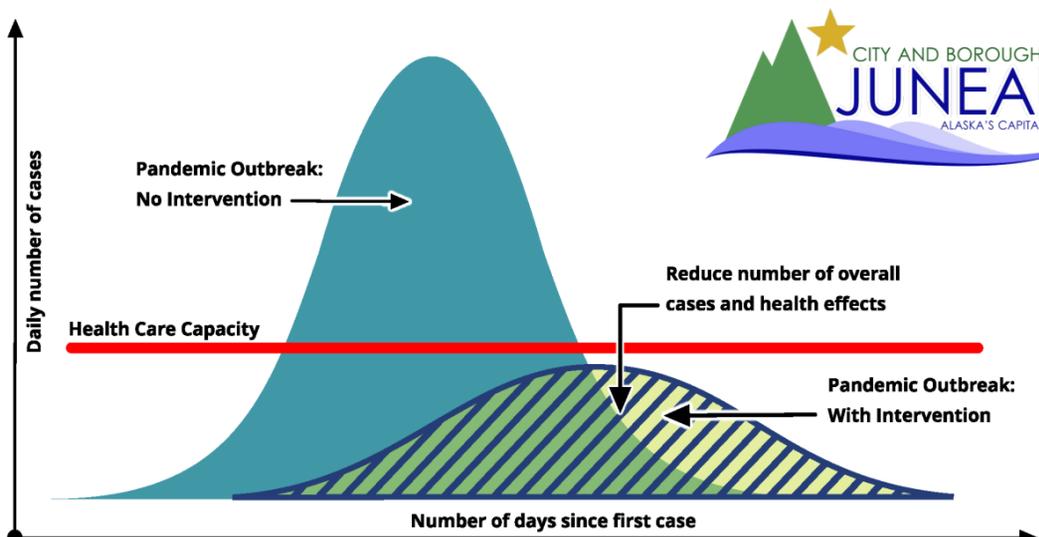


What "flatten the curve" means & how Juneau can do it

When we say "flatten the curve," we're talking about avoiding a huge spike of infections in a short period of time and, instead, stretching - or flattening - the number of infections over a longer time period so we don't overwhelm Juneau's healthcare system. It means that healthy, non-vulnerable populations slowly get the virus and local immunity is broadened. It means that we avoid a crisis at the hospital because we slow the transmission and prevent too many people getting ill at the same time. "Flatten the curve" means that we are trying to slow and limit the spread to the vulnerable so that - to be brutally honest - fewer vulnerable people get severely ill and/or die. Our goal must be to protect our vulnerable populations - people over 60, or people of any age with a compromised immune system or chronic health condition, like heart and lung disease, and diabetes. It's the vulnerable populations that are in danger of high mortality rates.

We are all in this together

Our community response should be disciplined, methodical, and timely. If we all follow the best public health guidance, we will get the best outcome. Even if you feel strong and healthy, it is important to protect our most vulnerable from the virus. Now is the time to focus on good hygiene and social distancing to protect those over 60 and others in the vulnerable category:



Adapted from: CDC. Interim pre-pandemic planning guidance: community strategy for pandemic influenza mitigation in the United States-early, targeted, layered use of nonpharmaceutical interventions. Atlanta, GA: US Department of Health and Human Services, CDC; 2007. <https://stacks.cdc.gov/view/cdc/11425>.

For the General Public

- Stay home if you are sick with a respiratory illness. If you develop a fever, stay home for at least 24 hours after the fever subsides.
- Stay at least 6 feet away from anyone who is coughing, sneezing, or feeling feverish.
- Avoid large gatherings and crowded places as much as possible.
- Avoid shaking hands and hugging as much as possible.

For High-Risk Groups

- This group includes persons aged 60+ years, and persons with underlying medical conditions such as heart disease, lung disease, diabetes, or other immune compromising illnesses.
- When you go out in public, maintain at least 6 feet distance from people - especially from people who are sick.
- Avoid crowds as much as possible, especially large gatherings.
- Avoid cruise travel and non-essential air travel.

For more information, visit juneau.org/COVID-19



STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

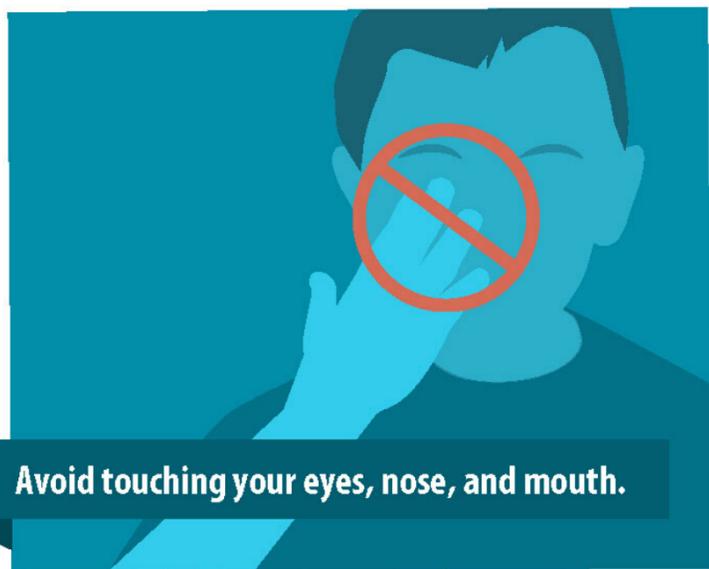
Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



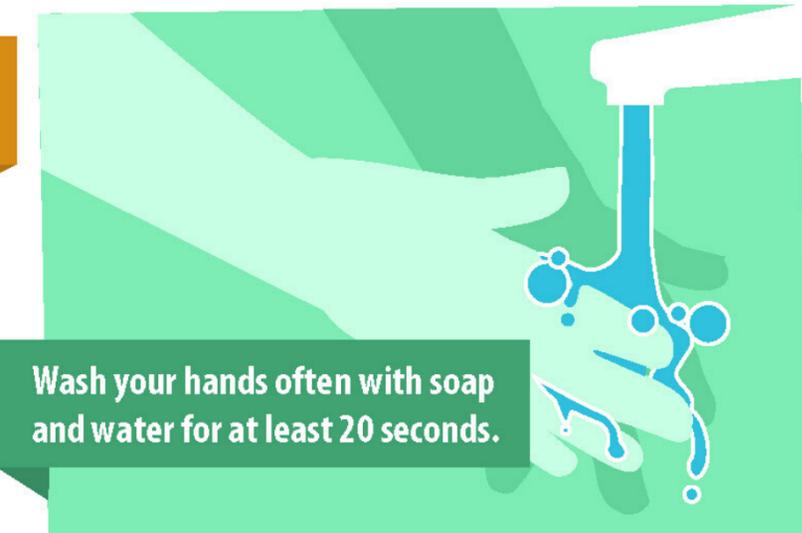
Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



For more information:
coronavirus.gov or juneau.org/COVID-19