

AG Specialty Services Inc.

Telephone: 844-535-4448

Website: <https://www.agspecialtyservices.com>

Heroes Aren't Born—They're Trained Become a Hero TM

The Pandemic Survival Kit

Decontamination Cleaning People do not think to do

Corona Virus

Covid-19

Pandemic

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Table of Contents

Cover.....	1				
Table of Contents.....	2				
Table of Contents.....	3				
Background Prevention.....	4				
How do germs spread between animals and people?.....	4				
How do germs spread between animals and people? Continued:.....	5				
These can include:.....	5				
Direct contact:.....	5				
Indirect contact:.....	5				
Vector-borne:.....	5				
Foodborne:.....	5				
Waterborne:.....	5				
CDC always recommends everyday preventive actions to help prevent the spread of respiratory viruses, including:.....	5				
CDC always recommends everyday preventive actions to help prevent the spread of respiratory viruses, including Continued:.....	6				
TRANSMISSION.....	6				
Personal Protective (PPE) Supplies.....	7				
Personal Protective (PPE) Cleaning Supplies.....	7				
Putting on proper size Gloves.....	7				
Exam gloves.....	7				
Please consult your glove manufacturer for their recommended sizing.....	7				
Sizes	XS	S	M	L	XL
Men's Measurements	6" - 7"	7" - 8"	8" - 9"	9" - 10"	10" - 11"
Women's Measurements	6" - 6 1/2"	6 1/2" - 7"	7" - 7 1/2"	7 1/2" - 8"	8" - 8 1/2"
Taking of gloves off safely.....	7				
Taking of gloves off safely Continued:.....	8				
Clothing.....	8				
Entering House/Apartment.....	8				
Decontamination of Mobility Aids.....	8				
Cane's.....	8				
Walker.....	8				
Wheelchairs/Motorized Wheelchair.....	8				
Motorized Cart.....	8				
Decontamination of Car.....	8				
Decontamination of Motorcycle/Scooter.....	9				
Elevators / Stairs / Catwalks.....	9				
Shopping in the Grocery store for your food and everyday needs.....	9				
Keep your self safe while shopping.....	9				
Shopping in the Grocery store for your food and everyday needs. Continued:.....	10				
Keep yourself safe while shopping.....	10				
When you are at home, follow the food safety guidelines.....	10				
Clean.....	10				
Separate.....	10				
Cook.....	10				
Chill.....	10				
Takeout orders or Receiving Mail or Receiving Package.....	10				
Banking.....	10				
Gas Stations.....	10				
Human Doctors.....	10				

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The Pandemic Survival Kit
Decontamination Cleaning People do not think to do

Table of Contents

Human Pharmacy	
Veterinary Doctors	
Face covering made by cloth	
Face covering made by cloth	11
How to Wear Cloth Face Coverings	11
Wear your face covering correctly	11
Take off your face covering carefully when your home	11
From the CDC	12
N95 Masks	12
Reuse of N95	12
Reuse of N95 Continued	13
Reuse of N95 Continued	14
!!!!Be Good!!!! Be Safe!!!! Be Well!!!!	14
!!!!Remember!!!! Think Before You Touch!!!!	14
References	15

AG Specialty Services Inc. Telephone: 844-535-4448

The Pandemic Survival Kit
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Background Prevention

Coronaviruses are a group of viruses that have a halo or crown-like (corona) appearance when viewed under a microscope. They are common in many different species of animals, including camels, cattle, cats, and bats.

- It is rare for animal coronaviruses to become capable of infecting humans and then spreading between people.
- Severe acute respiratory syndrome (SARS-CoV) and Middle East respiratory syndrome (MERS-CoV) are examples of coronaviruses that originated in animals and spread to people.
- This is what is suspected happened with the virus that is causing the current outbreak of COVID-19.
- PREDICT, a federally funded global program investigating viruses in animal hosts with pandemic potential, has discovered 180 corona viruses over a decade
- Human coronaviruses are a common cause of mild to moderate upper-respiratory illness.
- But three corona viruses have emerged to cause more severe illness: Severe Acute Respiratory Syndrome (SARS-CoV), Middle East Respiratory Syndrome (MERS-CoV), and now the virus that causes COVID-19.
- Specific Subset of Viruses have unique characteristic of viruses
- Corona viruses use RNA (Ribonucleic acid) instead of DNA (Deoxyribonucleic Acid) as their genetic material
- Corona Viruses are covered in spikes on the surface of the virus
- They use the spikes to invade healthy cells.
- The spikes are the corona in corona viruses.
- Covid -19 is a novel corona virus
- Until December, we only heard of 06 corona viruses. Covid-19 is Number 07 which is new to us.
- It just had gene sequencing and that's why it is novel
- SARS & MERS are corona Viruses
- They are both called Respiratory Syndrome
- They are both called respiratory viruses because that is what corona viruses do, they attack the lungs.
- Dry cough, Fever, Fatal Viral Pneumonia
- Range of Symptoms are hard to track
- They can be so light that people do not know or realize they have it
- Children have an easy time of it
- Some corona viruses like Covid -19 transmit person to person which travel faster and farther
- Zoonotic viruses are hard to get rid of because of the animal reservoir
- ABN influenza is a zoonotic Virus
- Zoonotic influenza refers to disease caused by animal influenza viruses that cross the animal-human divide to infect people.
- People can be infected with influenza viruses that are usually circulating in animals, such as avian influenza virus subtypes A(H5N1) and A(H9N2) and swine influenza virus subtypes A(H1N1) and (H3N2).
- Other species including horses and dogs also have their own varieties of influenza viruses.
- Even though these viruses may be named as the same subtype as viruses found in humans, all of these animal viruses are distinct from human influenza viruses and do not easily transmit between humans.
- Some zoonotic influenza viruses may occasionally infect humans and can cause diseases in people ranging from mild conjunctivitis to severe pneumonia and death.
- Usually these human infections of zoonotic influenza are acquired through direct contact with infected animals or contaminated environments, and do not spread quickly between people.
- There is currently no vaccine to prevent COVID-19. The best way to prevent infection is to avoid being exposed to the virus.
- **How do germs spread between animals and people?**
- A girl at a petting a zoo petting a goat
- Because of the close connection between people and animals, it's important to be aware of the common ways people can get infected with germs that can cause zoonotic diseases.

Page 04 Of 16

The Pandemic Survival Kit

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How do germs spread between animals and people? Continued

- **These can include:**
- **Direct contact:** Coming into contact with the saliva, blood, urine, mucous, feces, or other body fluids of an infected animal. Examples include petting or touching animals, and bites or scratches.
- **Indirect contact:** Coming into contact with areas where animals live and roam, or objects or surfaces that have been contaminated with germs. Examples include aquarium tank water, pet habitats, chicken coops, barns, plants, and soil, as well as pet food and water dishes.
- **Vector-borne:** Being bitten by a tick, or an insect like a mosquito or a flea.
- **Foodborne:** Each year, 1 in 6 Americans get sick from eating contaminated food. Eating or drinking something unsafe, such as unpasteurized (raw) milk, undercooked meat or eggs, or raw fruits and vegetables that are contaminated with feces from an infected animal. Contaminated food can cause illness in people and animals, including pets.
- **Waterborne:** Drinking or coming in contact with water that has been contaminated with feces from an infected animal. People can come in contact with animals in many places. This includes at home and away from home, in places like petting zoos, fairs, schools, stores, and parks. Insects, like mosquitoes and fleas, and ticks bite people and animals' day and night. Thankfully, there are things you can do to protect yourself and your family from zoonotic diseases.
- Keep hands clean. Washing your hands right after being around animals, even if you didn't touch any animals, is one of the most important steps you can take to avoid getting sick and spreading germs to others. Always wash your hands after being around animals, even if you didn't touch the animals.
- Many germs are spread by not washing hands properly with soap and clean, running water.
- Because hand sanitizers do not get rid of all types of germs, it is important to wash your hands with soap and water if they are available.
- Know the simple things you can do to stay safe around your pets.
- Prevent bites from mosquitoes, ticks, and fleas.
- Learn more about ways to handle food safely—whether it's for yourself or your family, your pet, or other animals.
- Be aware of zoonotic diseases both at home, away from home (such as at petting zoos or other animal exhibits), in childcare settings or schools and when you travel.
- Avoid bites and scratches from animals.
- **CDC always recommends everyday preventive actions to help prevent the spread of respiratory viruses, including:**
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing or sneezing; going to the bathroom; and before eating or preparing food.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.
- Mother-to-child transmission during pregnancy is unlikely, but after birth a newborn is susceptible to person-to-person spread.
- There is no reason at this time to think that any animals, including pets, in the United States might be a source of infection with the new coronavirus that causes COVID-19.
- It's important to remember that dogs have their own coronaviruses, which cannot spread to people.

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CDC always recommends everyday preventive actions to help prevent the spread of respiratory viruses, including Continued:

- On February 28, the Hong Kong Agriculture, Fisheries and Conservation Department (AFCD) reported a pet dog had tested “weak positive” to COVID-19 through nose and mouth samples. The dog had contact with a person infected with COVID-19.
- CDC is working with human and animal health partners to monitor this situation and will continue to provide updates as information becomes available.

TRANSMISSION

- Much is unknown about how the new coronavirus that causes COVID-19 spreads. Current knowledge is largely based on what is known about similar coronaviruses.
- Most often, person-to-person spread is thought to happen among people in close contact (about 6 feet) with each other.
- Person-to-person spread is thought to occur mainly through respiratory droplets produced when an infected person coughs or sneezes, similar to how influenza and other respiratory pathogens spread. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
- How easily a virus spreads person-to-person can vary. Some viruses are highly contagious (like measles), while other viruses are less so.
- It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads.
- Typically, with most respiratory viruses, people are thought to be most contagious when they are most symptomatic (sickest).
- A recent MMWR raises concerns about the level of virus spread that might occur before someone experiences symptoms.
- This is why CDC recommends people stay at least six feet away from other people (“social distancing”), so they do not spread COVID-19 if they are sick or have become exposed through close contact with someone who is sick.
- This research underscores the importance of social distancing to help break the train of COVID-19 transmission.
- The study findings are in line with recent COVID-19 studies and with previous studies of older adults with flu that show they may have few or atypical symptoms.
- Mother-to-child transmission during pregnancy is unlikely, but after birth a newborn is susceptible to person-to-person spread.
- There is no reason at this time to think that any animals, including pets, in the United States might be a source of infection with the new coronavirus that causes COVID-19.
- On February 28, the Hong Kong Agriculture, Fisheries and Conservation Department (AFCD) reported a pet dog had tested “weak positive” to COVID-19 through nose and mouth samples. The dog had contact with a person infected with COVID-19.
- CDC is working with human and animal health partners to monitor this situation and will continue to provide updates as information becomes available.
- It's important to remember that dogs have their own coronaviruses, which cannot spread to people.
- AFCD official report available
- At this time, CDC has no data to suggest that this new coronavirus or other similar coronaviruses are spread by mosquitoes or ticks.
- Mosquitoes and ticks cannot spread all types of viruses. For a virus to pass to a person through a mosquito or tick bite, the virus must be able to replicate inside the mosquito or tick.
- There is much more to learn about the spread of this new coronavirus, severity of the disease, and other features associated with this outbreak and investigations are ongoing. This information will further inform the risk assessment.

Page 06 Of 16

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Personal Protective (PPE) Supplies

- Mask
- Gloves
- Shaving Cream
- Sandwich Bags
- Extra Masks and Gloves in sandwich bags (1 mask and 1 pair of gloves per sandwich bag so to make sure you do not contaminate all supplies when out and about)

Personal Protective (PPE) Cleaning Supplies

- Soap & Water Always the Best!!!!
- Hand Sanitizer (Dries out your skin, kills good skin cells on hands) Still Good to use.
- Waterless Soap (ex. GOOP) and a spoon so you do not reach into the waterless soap and contaminate the waterless soap you scoop out with the spoon (waterless soap it does not dry out skin or kill off good cells that are protecting your skin like continued use of hand sanitizer.)
- Spray Bottle
- Bleach
- Water
- Bleach spray bottle for cleaning of bottom of shoes 1 Spray Bottle 1-part Bleach 09-part Water Before getting in car or going in house

Putting on proper size Gloves

- To make sure you are wearing a pair of the right sized exam gloves, you'll want to measure your hands.
- You want to measure around the knuckles of your dominant hand (above the V of your thumb).
- If you have a measurement of 8 inches, you would wear a size 8 glove or perhaps an 8 ½ to be safe.
- Did you know that it's essential to wear the right sized protective equipment in your medical setting?
- **Exam gloves** are worn daily by many medical professionals and it is very important these exam gloves fit.
- Hand protection is key during routine patient exams, procedures and handling sick patients.
- It's important for medical personnel to know the right size exam gloves to use at work.
- First, you must decide which type of exam glove to use.
- This can include natural rubber latex, vinyl, nitrile, latex free gloves, etc.
- Once you have determined the type of exam glove, proper sizing is crucial.
- If you have exam gloves that are too big, they can easily be pulled off or liquids can make its way inside the glove.
- This can also be distracting to the wearer.
- If you have exam gloves that are too tight, it can cause fatigue and decrease dexterity.
- The images to the right indicate a pair of exam gloves that are (A) too loose, (B) too tight and (C) a good fit.
- To make sure you're wearing a pair of the right sized exam gloves, you'll want to measure your hands.
- You want to measure around the knuckles of your dominant hand (above the V of your thumb).
- If you have a measurement of 8 inches, you would wear a size 8 glove or perhaps an 8 ½ to be safe.
- Many glove brands convert number sizes into XS, S, M, L and XL sizes.
- See the chart below for recommended sizing conversions: **Measurements are for guidance purposes only.*

Please consult your glove manufacturer for their recommended sizing.

<u>Sizes</u>	<u>XS</u>	<u>S</u>	<u>M</u>	<u>L</u>	<u>XL</u>
<u>Men's Measurements</u>	6" - 7"	7" - 8"	8" - 9"	9" - 10"	10" - 11"
<u>Women's Measurements</u>	6" - 6 ½"	6 ½" - 7"	7" - 7 ½"	7 ½" - 8"	8" - 8 ½"

- Remember, the fit of your exam gloves can affect your job performance.
- It's important to wear the proper sized exam glove that fits your hand, proper glove sizing is key.

Taking of gloves off safely

- Grasp the outside of one of the gloves at the Articular Cartilage that is the fatty part under the thumb
- Do not touch your bare skin
- Pull the glove forward towards your fingertips and off

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Taking of gloves off safely Continued:

- Hold the glove you just removed in your gloved hand and crumple the glove in your hand without using your bare hand
- Slide your fingers in the glove hand and push it forward without touching the outside of the glove till it comes off and you have the first glove in the second glove inside out.
- Use shaving cream to practice.
- Rubbed the shaving cream all over your gloves and try to take off the gloves without contaminating yourself.

Clothing

- Long Sleeve Shirts
- Long Pants (No Shorts)
- Closed Shoes (No open toes, sandals etc....)

Entering House/Apartment

- Bleach Spray Bottle for spraying the Bottom of Shoes and remove them before entering the house
- Wash hands with Soap and water upon entering house before touching anything. Clean off door knobs and wipe packages off before bringing them into the house, then wash hands again

Decontamination of Mobility Aids

Cane's

- The top where you hold the canes
- The bottom of the canes always clean even when no pandemic because you use in bathrooms and public places
- The top of the canes you lay aside and touch something and then it could be contaminated or it gets contaminated if it falls.

Walker

- The bottom of the walker should always be cleaned even when no pandemic causes you use in bathrooms and public places
- The wheels are on the floor in bathrooms and public places
- The top of walker can get contaminated either by your hand or if something touches it.

Wheelchairs/Motorized Wheelchair

- Bottom of Shoes (1 Spray Bottle 1-part Bleach 09-part Water Before getting in car)
- The bottom of the Wheelchairs should always be cleaned even when no pandemic causes you use in bathrooms and public places
- The wheelchairs wheels are on the floor in bathrooms and public places
- The top of wheelchairs you touch something and then the wheelchairs

Motorized Cart

- Bottom of Shoes (1 Spray Bottle 1-part Bleach 09-part Water before getting in car)
- The bottom of the Motorized Cart and the wheels must be cleaned even when no pandemic causes you use in bathrooms and public places. The top of Motorized Cart must be cleaned from you touching it or something touching it.

Decontamination of Car

- Bottom of Shoes (1 Spray Bottle 1-part Bleach 09-part Water Before getting in car)
- Cars Steering wheels
- Car doors inside including
- Console
- Radio buttons
- Shifts
- Seats
- Keys
- Trunk
- Buttons in trunk to close trunk
- Outer doors when you get in initially

Page 08 Of 16

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Decontamination of Motorcycle/Scooter

- Bottom of Shoes (1 Spray Bottle 1-part Bleach 09-part Water Before getting in car)
- Handlebars
- Seat
- Speedometer
- Headlight
- Gas Tank
- Saddlebags
- Rear Brake Peddle
- Keys
- Any other part of the motorcycle you touch

Elevators / Stairs / Catwalks

- Handrails on stairs and catwalks
- Elevator control Panel for floors (use knuckle of index finger to push buttons, never your finger tips)

Hand Washing

- Wet hands with water running water (warm or cold)
- Apply Soap to cover all hand surfaces by rubbing them together with the soap. Make sure you scrub you fingers and fingertips and under your nails and your wrist carefully.
- Rub hands palm to palm
- Right palm over left dorsum/back of hand (Knuckle side of hand) with interlaced fingers and vice versa
- Palm to Palm with fingers interlaced fingers and vice versa
- Backs of finger to opposing palms with fingers interlocked
- Rotational rubbing of left thumb clasped in right palm and vice versa
- Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa
- Do the above for at least 20 seconds or Sing to yourself Happy Birthday twice takes about 20 seconds
- Rinse hands with water
- Dry hands thoroughly with a single use towel
- Use towel to turn off faucet In public place, take towel to door to open with and then discard paper towel properly.
- Your hands are now safe

Shopping in the Grocery store for your food and everyday needs.

Keep your self safe while shopping

- Stay at home if you are sick
- Do not go shopping if you are sick or seem to have symptoms of COVID-19
- Symptoms are fever, cough or shortness of breath.
- Practice social distancing by keeping six feet away from other people while you are in the store shopping and in lines.
- Make sure you cover your mouth and nose with a cloth face covering when you venture out into the public
- If you do have to venture out into the public, try to remember to go during hours when fewer people will be out and about. Example: During early morning hours or late-night hours
- People who are at higher risk for severe illness should inquire if the store has set up special hours for people at higher risk. This involves people who are 65 years or older as well as other people who have significant medical conditions.
- Decontaminate the shopping cart. If the grocery store offers wipes. use them. Some stores have their personnel wiping down each cart
- Do not touch your eyes, nose, mouth
- When you are able use touchless payment method.
- Pay without touching money, a card or a keypad. Try to pay with your phone or verbally give credit info.

Page 09 Of 16

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Shopping in the Grocery store for your food and everyday needs. Continued:

Keep your self safe while shopping

- If you must handle money, a card or use a keypad use hand sanitizer or waterless soap (Ex. GOOP) and as soon as you can, wash your hands with soap and water.
- When you leave the grocery store or a store, use hand sanitizer or waterless soap (Ex. GOOP) and as soon as you get home, wash your hands with soap and water for at least 20 seconds or sing happy birthday twice.
- When you are at home. follow the food safety guidelines
 - Clean
 - Separate
 - Cook
 - Chill

Takeout orders or Receiving Mail or Receiving Package

- Limit in-person contact if possible
- Do not go to the grocery store or any other stores selling household products in person unless it is necessary.
- Doing this will minimize your possible exposure to others as well as the COVID-19.
- Order food and other household products online for home delivery or curbside pickup whenever possible
- Pay online or on the phone when you order if feasible
- Accept takeout orders or package with no in-person contact at any time that is possible.
- Ask that your deliveries be left in a secure location outside your house/apartment in such places as your front porch, backyard, or lobby. This will make a no person to person contact whenever possible.
- Otherwise practice social distancing by staying at least 6 feet away from the delivery person.
- Wash your hands or use waterless soap or hand sanitizer after receiving takeout orders from delivery persons or after collecting mail from your home mailbox or from the post office or receiving package from postal personnel, UPS, Fedex etc....
- After accepting your delivery or bringing home your takeout order, wash your hands for 20 seconds or sing happy birthday twice or use waterless soap or hand sanitizer with at least 60% alcohol when soap and water is not available

Banking

- Whenever possible do online banking.
- The ATM or drive throughs are much safer if they are accessible.
- When using the ATM, wipe keypad, and screen as well as counter in front of you
- After you are done at the bank, wash your hands for 20 seconds or sing happy birthday twice or use waterless soap or hand sanitizer with at least 60% alcohol when soap and water is not available.

Gas Stations

- Before fueling, wipe the Gas pump nozzle handle and keypad and screen.
- After you are done fueling at the Gas Station Wash your hands for 20 seconds or sing happy birthday twice or use waterless soap or hand sanitizer with at least 60% alcohol when soap and water is not available.

Human Doctors

- Use Video Meeting to meet with your doctor or the nurse or by phone or email.
- If procedures are scheduled and it is not imminent, get the procedure rescheduled.

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Human Pharmacy

- Order prescriptions together and pick them up together.
- Prescriptions should be ordered prior to pick to pick up.
- Use drive through windows, curbside pickups, mail order, or delivery services.
- Get 90-day prescriptions to limit visits to the pharmacy.

Veterinary Doctors

- Video Meeting to meet with your doctor or the nurse or by phone or email.
- If procedures are scheduled and it is not imminent, get the procedure rescheduled.

Veterinary Pharmacy

- Order prescriptions together and pick them up together.
- Prescriptions should be ordered prior to pick up.
- Drive through windows, curbside pickups, mail order, or delivery services.
- Get 90-day prescriptions to limit visits to the pharmacy.

Face covering made by cloth

How to Wear Cloth Face Coverings

- Cloth face coverings should cover your nose and mouth in the community setting.
- This is to protect people around you if you are infected but do not have symptoms.
- Masks should fit snugly but comfortably against the side of your face
- Be secured with ties or ear loops
- Include multiple layers of fabric
- Allow for breathing without restriction
- Washing machines should suffice in washing a cloth face mask properly and machine dry without damage or change to shape. They should be routinely washed depending on the frequency of use.
- Do not touch your eyes, nose, and mouth when removing your cloth face covering and make sure you wash your hand immediately after removing.
- Cloth face masks should not be placed on children under age of 2 years or on anyone who has trouble breathing or is unconscious, disabled or otherwise unable to remove the cloth face covering without assistance.
- The cloth face masks recommended are not surgical masks or N95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders as recommended by current CDC Guidance.

Wear your face covering correctly

- Wash your hands before putting on your face covering
- Put it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the side of your face
- Make sure you can breathe easily
- Do not place a mask on a child younger than 2
- Keep the covering on your face the entire time you are in public. Do not put the covering around your neck or up around your forehead
- Don't touch your face covering and if you do, clean your hands

Take off your face covering carefully when your home

- Untie the strings behind your head or stretch the ear loops
- Handle only by the ear loops or ties
- Fold outside corners together
- Place covering in the washing machine or throw paper masks away.
- Wash your hands with soap and water

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From the CDC

N95 Masks

To wear N95 right you need to do one of two types of fit tests: Qualitative or Quantitative.

Quantitative is the most common form of fit testing, and it measures your ability to wear an N95 respirator.

Qualitative fit testing is a pass/fail test method that uses your sense of taste or smell, or your reaction to an irritant in order to detect leakage into the respirator facepiece. Qualitative fit testing does not measure the actual amount of leakage. Whether the respirator passes or fails the test is based simply on you detecting leakage of the test substance into your facepiece. There are four qualitative fit test methods accepted by OSHA:

- Isoamyl acetate, which smells like bananas.
- Saccharin, which leaves a sweet taste in your mouth.
- Bitrex, which leaves a bitter taste in your mouth; and
- Irritant smoke, which can cause coughing.

Qualitative fit testing is normally used for half-mask respirators -those that just cover your mouth and nose. Half-mask respirators can be filtering facepiece respirators - often called "N95s" - as well as elastomeric respirators.

Quantitative fit testing uses a machine to measure the actual amount of leakage into the facepiece and does not rely upon your sense of taste, smell, or irritation in order to detect leakage. The respirators used during this type of fit testing will have a probe attached to the face piece that will be connected to the machine by a hose. There are three quantitative fit test methods accepted by OSHA:

- Generated aerosol.
- Ambient aerosol; and
- Controlled Negative Pressure.

Quantitative fit testing can be used for any type of tight-fitting respirator and is the most common form of fit testing, and it measures your ability to wear an N95 respirator.

N95 respirators come in all different sizes and shapes, and fit testing helps determines the best mask for your face.

An approved filtering facepiece, such as an N95/P95/N100 particulate respirator, always will have a NIOSH stamp on it.

Approved respirators must be used if a fit test is performed.

Fit testing is not required for either product if it is voluntary use.

N95 respirators come in different sizes.

The sizing differs with each respirator model.

Some of the sizing options include small, small/medium, medium, medium/large, and large.

Below are a sample of the n95 mask sizes

- 1500 N95 Surgical Mask & Particulate Respirator. • Available in five (5) color coded sizes. 1510 N95. Extra Small. 20 Masks per Box. ...
- Fluid resistant - 160mm Hg. 1512 N95. Medium. 160 Masks per Case. ...
- 3200N95 Surgical Mask & Particulate Respirator. • Available in three (3) color coded sizes. 3211N95. Small.

Reuse of N95

One important addition to your respiratory protection plan should be reuse of N95 respirators during a shortage. The OSHA directive indicates that a respirator can be reused as long as it "maintains its structural and functional integrity and the filter material is not physically damaged or soiled."

There are video about the respirator fit testing requirements for any worker who is required to use a tight-fitting respirator.

The federal Occupational Safety and Health Administration - also called "OSHA"- and State OSHA Agencies require employers to fit test workers who must wear these respirators on the job.

Page 12 Of 16

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Reuse of N95 Continued

There is a video from OSHA that provides a brief overview and general information about fit testing requirements under the Federal OSHA or State OSHA Respiratory Protection Standards.

This video can be a part of the OSHA-required respiratory protection training, which includes many topics, like how to put on and take off a respirator and how to use, clean, and maintain your respirator.

Your employer must also provide you with worksite-specific training.

While the video discusses some of the employer's responsibilities under OSHA's respiratory protection fit testing requirements, it is important to remember that using a respirator that fits you properly protects your health and safety.

A respirator can't protect you if it doesn't fit your face. It's that simple. Certain respirators, known as tight-fitting respirators, must form a tight seal with your face or neck to work properly. If your respirator doesn't fit your face properly, contaminated air can leak into your respirator facepiece, and you could breathe in hazardous substances. So before you wear a tight-fitting respirator at work, your employer must be sure that your respirator fits you. Your employer does this by performing a fit test on you while you wear the same make, model, and size of respirator that you will be using on the job. That way, you know that your respirator fits you properly and can protect you, as long as you use it correctly.

In addition, before you use a respirator or are fit-tested, your employer must ensure that you are medically able to wear it.

So what is a fit test? A "fit test" tests the seal between the respirator's facepiece and your face. It takes about fifteen to twenty minutes to complete and is performed at least annually. After passing a fit test with a respirator, you must use the exact same make, model, style, and size respirator on the job.

A fit test should not be confused with a user seal check. A user seal check is a quick check performed by the wearer each time the respirator is put on. It determines if the respirator is properly seated to the face or needs to be readjusted.

Many workers need to wear prescription glasses or personal protective equipment, such as safety goggles or earmuffs, while performing a job. If you fall into this category, then you must wear these items during the fit test to be sure they don't interfere with the respirator's fit.

You must be fit tested before you use a respirator in the workplace, and you must be retested at least every 12 months to make sure that the respirator you use still fits you. You must be fit tested with the specific make, model, style, and size of respirator that you will be using.

Not everyone can get a good fit with one specific respirator. If the respirator fails the fit test, then another make, model, style, or size must be tried until one is found that fits you properly. Therefore, your employer needs to provide you with a reasonable selection of sizes and models to choose from. When you've completed the fit testing process, it's very important that you know which make, model, style, and size respirator fits your face properly, and when and where you'll need to wear it for protection.

Also, the fit of your respirator must be retested whenever you have a change in your physical condition that could affect the fit of your respirator. Such changes could include:

- large weight gain or loss.
- major dental work (such as new dentures).
- facial surgery that may have changed the shape of your face; or
- significant scarring in the area of the seal.

Any of these changes could affect the ability of your respirator to properly seal to your face, which could allow contaminated air to leak into your respirator facepiece.

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Reuse of N95 Continued

If you find that the fit of your respirator becomes unacceptable, you must be allowed to select a different type of respirator and be retested. The selection may include a new make, model, style, or size of respirator.

Facial hair, like a beard or mustache, can affect your respirator's ability to protect you. Anything that comes between your face and the respirator's seal or gets into the respirator's valves can allow contaminated air to leak into the respirator facepiece and you will not be protected. For example, if you have long hair, make sure it doesn't get between the respirator seal and your face because this can allow contaminated air to leak into the respirator.

Fit testing can be done by your employer or an outside party, including a union, an apprenticeship program, a contractor's association, or a past employer. Your current employer is permitted to accept fit testing you have received from an outside party (such as a former employer) within the last 12 months, as long as you use the same respirator make, model, style, and size at your new worksite. This is known as "fit testing portability."

While recent fit testing can follow you from job to job, it is still the current employer's responsibility to ensure that the fit testing and recordkeeping requirements of OSHA's respiratory protection standard have been met before you use a respirator for protection against hazardous exposures at work.

Sometimes workers own their own respirators and bring them to a job where respiratory protection is required. If your employer allows you to use your own personal respirator for protection, then your employer still has to comply with all of the requirements of the OSHA standard. For example, your employer must still ensure that:

- your respirator is appropriate for the hazards you face.
- your respirator is properly cleaned, maintained, and stored; and
- the proper schedule for replacing cartridges and filters is followed.

Keep in mind, however, that while your employer may allow you to use your own respirator, your employer cannot require you to use your own respirator.

This video has provided you with a brief overview of OSHA's fit testing requirements. There are many other things that you must know and do before you can safely use a respirator in a hazardous work environment. While this video may be a part of your respiratory protection training, your employer must also provide you with additional training on respirators, including worksite-specific training.

Remember, if you don't know if a respirator is needed for the task you will be doing, or if you are unsure about how to properly use a respirator or which filter or cartridge to use, talk to your supervisor before entering the hazardous area.

For more information about respirator use in your workplace, refer to these OSHA and NIOSH websites. You will find OSHA's respiratory protection standard, additional respirator training videos, and other guidance material to help you work safely.

!!!!Be Good!!!! Be Safe!!!! Be Well!!!!
!!!!Remember!!!! Think Before You Touch!!!!

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WASHINGTON, D.C. – U.S. Senator Angus King (I-Maine) joined 30 of his Senate colleagues in sending a letter to Secretary of Health and Human Services (HHS) Alex Azar requesting updates on the Administration's response to the novel coronavirus outbreak and information on the steps being taken to keep families safe. In the letter, the Senators ask HHS to keep them updated with the latest information regarding the severity of the disease, the country's capacity to diagnose cases, what steps were being taken to prepare U.S. health care workers, and what screening systems were in place at U.S. airports. Website:
<https://www.king.senate.gov/newsroom/press-releases/to-confront-global-virus-threat-king-joins-colleagues-in-pressing-health-department-for-updates-on-novel-coronavirus-calling-for-data-driven-response>

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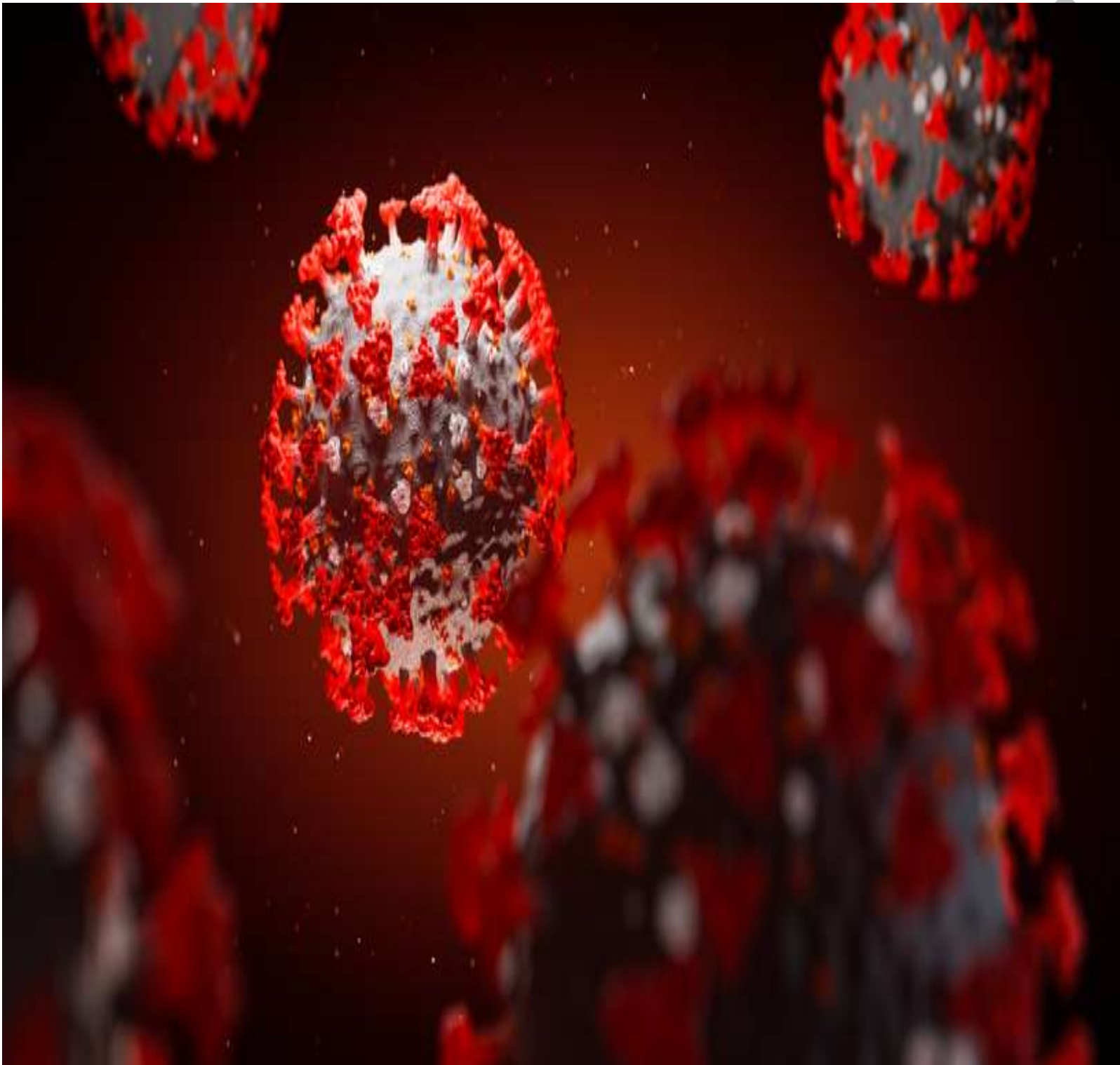
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