

## **Information for participants on Ventures Birding Tours Coronavirus outbreak: Summer 2020**

### **How Does COVID-19 Spread?**

- According to the CDC, the virus is thought to be spread mainly from person-to-person. This means it may spread between people who are in close contact with one another (within about 6 feet), or through respiratory droplets when an infected person coughs or sneezes. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. COVID-19 may be spread by people who are not showing symptoms.
- The CDC also reports that it may be possible for someone to get COVID-19 by touching a surface or object with 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.
- The best way to prevent illness from COVID-19 is to avoid being exposed to the virus, as there is currently no vaccine to prevent COVID-19.

### **The best way to stay healthy is to follow these steps from the CDC:**

- Wash your hands often with soap and water for at least 20 seconds, especially after being in a public place, or after blowing your nose, coughing or sneezing. If soap and water are not readily available, use a hand sanitizer with at least 60% alcohol.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Avoid close contact with people who are sick, and practice social distancing by keeping at least 6 feet away from others if you must go out in public.
- Wear a cloth face covering to cover your mouth and nose when around others and when you must go out in public. The cloth face cover is meant to protect other people in case you are infected. Cover your nose and mouth with a tissue when coughing or sneezing and throw the tissue away after use. If a tissue isn't available, cough or sneeze into your elbow or sleeve, not your hands.
- Clean and disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, handles, desks, computers, phones, keyboards, sinks, toilets, faucets and countertops.

**(Information courtesy of the American Red Cross and CDC – Centers for Disease Control and Prevention)**

Two kinds of tests are available for COVID-19: viral tests and antibody tests.

- A viral test tells you if you have a current infection.
- An antibody test tells you if you had a previous infection.

An antibody test may not be able to show if you have a current infection, because it can take 1-3 weeks after infection to make antibodies. It is not known yet if having antibodies to the virus can protect someone from getting infected with the virus again, or how long that protection might last.

To learn if you have a current infection, viral tests are used.

- Most people will have mild illness and can recover at home without medical care and may not need to be tested.

## Results

- **If you test positive for COVID-19 by a viral test**, know what protective steps to take if you are sick or caring for someone.
- **If you test negative for COVID-19 by a viral test**, you probably were not infected at the time your sample was collected. However, that does not mean you will not get sick. The test result only means that you did not have COVID-19 at the time of testing.

If you test positive or negative for COVID-19, no matter the type of test, you still should take preventive measures to protect yourself and others.

### **Also we have a few ideas and recommendations of our own**

- Please consider getting a COVID-19 test. All of our guides and staff will be doing the same.
- Prior to joining a tour, please monitor your temperature and should you begin coughing or suspect you have a fever, contact the Ventures Office immediately.
- Please wear masks while in the vehicle with other people
- Please try to social-distance while birding
- Please bring your own supply of hand sanitizer and wipes.
- On longer trips please bring your own water bottle and picnic supplies (plate, cup, knife and fork etc.)

Thank you for traveling with us and please stay safe

**All of us at Ventures Birding Tours**