



## SUMMARY OF THE D2P-SKILLS TO OBSTRUCT PANDEMICS (STOP) TUTOR

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<http://StopTheSpread.health>

Na Li (nzl5264@psu.edu), Frank E. Ritter (frank.ritter@psu.edu), and the D2P-STOP Team, 2jun20

This tutor teaches knowledge and skills:

- (a) Theories of how infections are transmitted;
- (b) How and why social distancing works;
- (c) How to wash and disinfect yourself and surfaces; and
- (d) How to avoid mistakes in these skills. It teaches a layered approach to provide back up across these skills.

### **In detail, the STOP tutor teaches:**

What flattening the curve means

A theory of infections

- Differences between virus and bacteria
- How infections are transmitted, and How to treat virus infections
- Shedding viruses
- Herd immunity, what it is and how it is created

Social distancing and quarantine

- What is social distancing
- What is appropriate social distance and six feet visually
- Comparison between shelter in place, quarantine, isolation

Avoid shaking hands

- Risks people take when shaking hands
- Alternatives to shaking hands when social distancing is or not required

How to cough and sneeze safely

Personal Protective Equipment

- Why wearing a mask and how to make a cloth mask
- Different types of masks
- How to put on and remove you mask correctly
- When not to use face coverings
- Eye protection
- When, why and how to wear or remove gloves correctly

Washing hands

- Theory and procedures of hand washing
- Dry your hands correctly and avoid re-contaminating hands after washing
- Soaps that are effective for hand washing, and steps to clean wounds
- What are mucous membranes and how to protect them
- Nail and hand care, and when and how to use hand sanitizer

Why to not touch your face and strategies to touch your face less

How to wash and disinfect things

- Difference between clean and disinfect
- How to clean and disinfect surfaces, and how to clean different items like a cellphone
- When you do not need to wash or sanitize

*This information is supported by citations and experts who have approved the content.*

