

CORONAVIRUS PREVENTION

Protect yourself and others.



KNOW HOW IT SPREADS

- Being within 6 feet of other people
- Through respiratory droplets when an infected person coughs, sneezes or talks
- Some recent studies show that COVID-19 may spread from people who are not showing symptoms

WASH YOUR HANDS

Wash your hands often with soap and water for at least 20 seconds, especially:

Before:

- Eating or preparing food
- Touching your face

After:

- Using the restroom
- Leaving a public place
- Blowing your nose, coughing or sneezing
- Handling your mask
- Changing a diaper
- Caring for someone sick
- Touching animals or pets

If soap and water are not readily available, use hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry. Wash them with soap when you are able.

"How to Protect Yourself & Others"
cdc.gov. Sept. 11, 2020
cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.
Accessed 14 Sept. 2020.

WEAR A MASK

- You can still spread COVID-19 to others even if you do not feel sick
- It is important to wear masks in public settings – especially if you are unable to maintain 6 feet of distance.
- Masks should NOT be placed on:
 - children under the age of 2
 - people with difficulty breathing
 - anyone who is unconscious, incapacitated or otherwise unable to remove the mask without assistance
- Masks are NOT a substitute for social distancing
- Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow and DO NOT spit. Perform hand hygiene.

AVOID CLOSE CONTACT

Inside Your Home

- If possible, maintain 6 feet between you and a sick person in your home

Outside Your Home

- Put 6 feet (2 arms' length) of distance between yourself and people who don't live in your household

DAILY HEALTH MONITORING

Watch for:

- Fevers
- Cough
- Shortness of breath
- Take your temperature if symptoms develop

