

PREVENTING THE SPREAD

of respiratory diseases like COVID-19.



Stay 6 feet away from anyone outside of your home.

Avoid close contact with anyone who is sick.



Cover your mouth and nose with a cloth face mask when you are in public.

Continue keeping 6 feet between yourself and others as much as possible.



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

If soap and water are unavailable, use an alcohol-based hand sanitizer that contains at least 60% alcohol.



Stay in your home as much as possible.

Do not go out except to get necessities like food and medicine or go to work. If possible, arrange to work from home.



Avoid touching your eyes, nose and mouth with unwashed hands.



If you have traveled or have been in contact with someone who has, be especially careful.

Stay at home. If you experience fever, cough or difficulty breathing, seek medical attention immediately. Do not self-medicate.



Clean and disinfect frequently touched objects and surfaces.

Disinfect faucets, door knobs, appliance handles, light switches, etc. four times a day.



Isolate yourself at home if you are sick.

Do not go to work, school, or public areas. Separate yourself from the other members of the household, if possible. All members of the household should self-quarantine (stay home) to see if they become sick.



Cover your cough or sneeze with a tissue, then throw the tissue away and wash your hands.

If a tissue is unavailable, cover your cough or sneeze into your elbow instead of your hands.



Monitor your symptoms and seek medical attention if your symptoms worsen.

If you suspect you have COVID-19, call your healthcare provider or the hospital for guidance *before* visiting.

WASH YOUR HANDS



1. Wet hands with clean, running water.

Warm water is preferred, but cold will also work, if needed.



2. Lather by rubbing your hands together.

Be sure to rub the backs of your hands, between your fingers, and under your nails.



3. Scrub for at least 20 seconds.

Time yourself by humming "Happy Birthday" twice.



4. Rinse hands thoroughly under clean, running water.

Turn off the faucet with a paper towel or your elbow instead of your hands.



5. Dry your hands using a clean towel.

In public restrooms, use a clean paper towel or air dry.