

COVID-19 PREVENTION

How is Covid-19 spread?

The virus spreads through respiratory droplets, which means an individual can become infected if he or she inhales particles from the air after an infected person coughs or sneezes. The virus can also be spread by touching contaminated surfaces from droplets of body fluids like nasal mucus. There are many ways you can help limit your exposure to this new coronavirus and similar things that your family can do to help protect themselves:

1 KEEP HANDS CLEAN



- Wash hands frequently with soap and water for at least 20 seconds.
- Use alcohol-based hand sanitizer that contains at least 60% alcohol.
- When applying hand sanitizer, cover all surfaces of your hands and rub them together until they feel dry.

3 AVOID SHARING PERSONAL HOUSEHOLD ITEMS



- Avoid sharing dishes, drinking glasses, eating utensils, towels, or bedding with other people or pets in your home.
- Wash thoroughly with soap and water after using these items.

2 DON'T TOUCH FACE



- Avoid touching your eyes, nose and mouth with unwashed or unsanitized hands.
- For those who are not sick, touching your eyes, nose or mouth can transfer COVID-19 to areas where it can replicate and make you sick.

4 WEAR A FACE MASK IF YOU ARE SICK



- Wear a face mask when around other people (such as sharing a room or vehicle) or pets and before you enter a health care provider's office.
- If you are not able to wear a medical face mask, then people who live with you should not stay in the same room as you, or they should wear a medical face mask if they enter your room.

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COVER COUGHS & SNEEZES

(respiratory hygiene/cough etiquette)



- Cover your mouth and nose with a tissue when you cough or sneeze.
- Cough or sneeze into your elbow
- Throw used tissues in a lined trash can; immediately wash your hands with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer covering all surfaces of your hands and rubbing them together until they feel dry.
- Soap and water should be used preferentially if hands are visibly dirty.

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PRACTICE HOME ISOLATION/ SHELTER-IN-PLACE



- Stay home. You should not leave home except for getting medical care. This includes staying home from work, avoid public areas and public transportation.
- Have only people in the home who are essential for providing care. No one else may visit.
- Stay in a different room from your family as much as possible if you are sick and the other person is not.

6

CLEAN ALL "HIGH-TOUCH" SURFACES EVERY DAY



- High touch surfaces include counters, table tops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables.
- Also, clean any surfaces that may have blood, stool or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions.

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PRACTICE SOCIAL DISTANCING



- To slow the spread of the coronavirus, we need to practice social distancing.
- Stand at least 6 feet away from others.
- Cancel events that draw crowds. These cancellations help stop or slow down the spread of disease.



WHEN TO CALL YOUR DOCTOR:



- If you start to have symptoms like cough, shortness of breath, or fever, contact your primary care provider right away.