THE CORONAVIRUS: What you can do
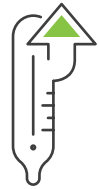
REMEMBER TO KEEP: AWARE OF SYMPTOMS • CLEAN HANDS • HEALTHY DISTANCES
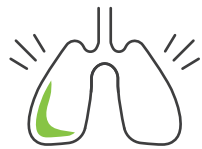
KEEP AWARE

The new coronavirus disease 2019 (COVID-19) is a mild to severe respiratory illness with symptoms, such as:

Coughing or sneezing

Fever

Difficulty breathing

The main way COVID-19 spreads is from close person-to-person contact. This happens from:

Within a 6-ft. distance

Respiratory droplets

Contaminated surfaces

If you are experiencing symptoms and feel ill, be sure to see your primary care doctor.

[1] Centers for Disease Control and Prevention, Coronavirus Disease 2019 (COVID-19). March 2, 2020, accessed March 4, 2020. <https://www.cdc.gov/coronavirus/2019-ncov/about/index.html>.

KEEP CLEAN HANDS

Wash your hands often. The best way to do so is:

1. Wet with clean running water and apply soap

2. Lather on backs of hands, between fingers and under nails

3. Rub hands for 20 sec (length of "Happy Birthday" 2x)

4. Rinse hands well under clean, running water

5. Dry hands using a clean towel, or by air drying them

USE HAND SANITIZER WHEN THERE IS NO SOAP AND WATER

Remember that sanitizers do not get rid of all types of germs, especially with things like dirt or grease particles.

KEEP HEALTHY DISTANCES

Avoid touching your eyes, nose and mouth

Cover your mouth and nose when you cough or sneeze

Place used tissues in a waste basket

If you don't have a tissue, cough or sneeze into your upper sleeve, not your hand

Clean and disinfect using cleaning sprays or wipes

Wear a facemask if you are showing symptoms or caring for someone who is sick

Avoid shaking hands and close personal contact with others

Stay home when you are sick