







# HOW YOU CAN PREVENT COVID-19

*We're in this together – 6 feet apart*

<p><b>STAY HOME</b></p>		<ul style="list-style-type: none"> <li>• If you work sick we all get sick</li> <li>• Telework as much as possible</li> <li>• Run errands once a week or less</li> </ul>	<p><i>The coronavirus needs humans to survive. Being around others makes it easier for the virus to spread. You don't know who may have the virus. Stay home as much as you can.</i></p>
<p><b>WASH HANDS</b></p>		<ul style="list-style-type: none"> <li>• Soap and water for 20 seconds <u>OR</u></li> <li>• 60% alcohol-based hand gels</li> </ul>	<p><i>Wash your hands frequently throughout the day. Hand sanitizer is a good substitute for soap and water. Don't shake hands or fist bump to keep your hands clean of virus. Be careful of scams about hand sanitizers.</i></p>
<p><b>DISTANCE 6 FEET</b></p>		<ul style="list-style-type: none"> <li>• Droplets can travel 6 feet</li> <li>• Getting closer increases risk</li> <li>• Practice the 6-foot rule</li> </ul>	<p><i>COVID-19 spreads by respiratory droplets. The droplets from a sneeze or cough can travel up to 6 feet. Don't let the virus reach you from a sneeze or cough. Physically distance yourself at least 6 feet from other people.</i></p>
<p><b>COVER COUGH</b></p>		<ul style="list-style-type: none"> <li>• Sneeze or cough into a tissue</li> <li>• Trash the tissue and wash hands</li> <li>• Trap your cough in your sleeve</li> </ul>	<p><i>COVID-19 spreads via coughs and sneezes. Catch the droplets from a cough or sneeze in a tissue or with your sleeve. Put the tissue in the trash and wash your hands. Stay away from others if you're coughing or sneezing.</i></p>
<p><b>CLOTH MASKS</b></p>	 	<ul style="list-style-type: none"> <li>• Do <u>NOT</u> wear a surgical mask</li> <li>• If you do, you're taking it from someone caring for a patient</li> </ul>	<p><i>The general public wearing cloth masks while out is only a recommendation. It is not required. It's not a substitute for physical distancing. Wash your mask regularly and don't touch it while wearing it.</i></p>