

## LIMIT THE SPREAD OF GERMS AND PREVENT INFECTION



## HOW TO PROTECT YOURSELF FROM COVID-19

The virus is thought to spread mainly from person-to-person: • between people who are in close contact with one another (within about 6 feet). • via respiratory droplets produced when an infected person coughs or sneezes. • droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

### Personal Prevention Measures:

- Stay home - if you can - as much as possible at this time and avoid gatherings of more than ten people.
- If you have to go out in public, keep away from others who are sick.
- Practice social distancing by keeping a distance of about six (6) feet from others if you must go out in public.
- Wash your hands often with soap and water for at least 20 seconds, especially after being in a public place, or after blowing your nose, coughing or sneezing. If soap and water are not readily available, use a hand sanitizer with at least 60% alcohol.
- Avoid touching your eyes, nose or mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Increase ventilation by opening windows or adjusting air conditioning.
- Change clothing when entering home from a public space. Wash coats every 1 – 2 days.
- Purchase several weeks worth of medications and supplies in case you need to stay home for prolonged periods of time and to decrease the number of trips to purchase supplies.
- Consider using the mail order option for obtaining your medications.
- **Stock Up:** Be sure you have over-the-counter medicines and medical supplies (tissues, etc.) to treat fever and other symptoms on hand. Have enough household items and groceries on hand so that you will be prepared to stay at home for a period of time.

### Community Prevention Measures:

- **Stay home if you are sick**, except to get medical care.
- Cover your nose and mouth with a tissue when coughing or sneezing; throw used tissues in the trash. If a tissue isn't available, cough or sneeze into your elbow or sleeve, not your hands.
- **Clean and disinfect frequently touched surfaces daily.** This includes tables, doorknobs, light switches, handles, desks, computers, phones, keyboards, sinks, toilets, utensils, faucets and countertops.
- If surfaces are dirty, clean them – use detergent or soap and water prior to disinfections.
- Wear a facemask, if you are **sick** - you should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office.

### Symptoms:

According to the CDC, COVID-19 symptoms include fever, shortness of breath and a cough. Symptoms may appear 2-14 days after exposure. Call your doctor for medical advice if you think you have been exposed to COVID-19 and develop symptoms. Most people will be able to recover from COVID-19 at home.