

CORONAVIRUS: TAKING CARE OF YOURSELF & OTHERS



Coronavirus is serious and spreads easily. It is more deadly than the flu. To be safe, stay home as much as possible

TAKE CARE OF YOURSELF

Wash your hands with soap and water for 20 seconds or use hand sanitizer

Avoid touching your eyes, nose, and mouth

Cover your cough or sneeze with a tissue, throw the tissue out and wash your hands

Take care of your body by exercising, eating healthy and getting plenty of sleep

Clean surfaces and frequently touched objects like phones, light switches, doorknobs and TV remotes with disinfecting wipes or soap and water

If you feel sick, stay home and call your doctor. If you are having trouble breathing, call 911. If you don't have a doctor, call 211

IF YOU HAVE TO GO OUT

Wear a cloth face covering and stay 6 feet away from people if you have to go to work, the store or the doctor

Leave your shoes outside when you get home, if possible

Wash your hands

Wipe down door knobs and other surfaces you touched when you came home

Wash your clothes before wearing them again

Stay at least 6 feet away from people when exercising outdoors

IF SOMEONE AT HOME IS SICK

Give the sick person a separate room if possible

Don't share a bed, dishes or silverware with a sick person

Wear a cloth face covering when taking care of a sick person

Clean shared spaces like bathrooms every time they are used