

CORONAVIRUS: JUST THE FACTS | STAYING SAFE

Protective Measures

Avoiding COVID-19 requires smart hygiene and consistent protective measures. There are many simple steps you can take to protect yourself, your family and friends.

Follow the steps below to give yourself the best chance of preventing the onset of COVID-19.

WASH YOUR HANDS

Clean hands can be the key to making it through the coronavirus pandemic as healthy as possible. Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing or sneezing.

If soap and water are not readily available, experts recommend using a hand sanitizer that contains at least 60 percent alcohol. When using sanitizer, cover all surfaces of your hands and rub them together until they feel dry. Avoid touching your eyes, nose and mouth with unwashed hands.

SOCIAL DISTANCING

Experts also recommend avoiding close contact with people who are sick. Social

distancing means keeping reasonable space between yourself and other people if COVID-19 is spreading in your community.

This is especially important for people who are at higher risk of getting very sick. Avoid large crowds and public gatherings to cut down your risk of contracting the virus. This also includes staying home from

work or school if you're sick. Think about others who you may be putting at risk and make the responsible decision.

**WEAR A FACE MASK
IF YOU ARE SICK**

If you are sick, you should wear a face mask when you are around other people. Also put on a mask before entering a

health care provider's office.

If you are not able to wear a face mask, try your best to fully cover your coughs and sneezes. Recommend that people who are caring for you wear a face mask if they enter your room.

CLEAN AND DISINFECT

Clean and disinfect frequently touched surfaces on a

daily basis. The Centers for Disease Control and Prevention recommends cleaning and disinfecting tables, tablets, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets and sinks.

If surfaces are dirty, clean them by using detergent or soap and water prior to disinfection.



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