

CORONAVIRUS

During this serious time, Burns Mortuary of Hermiston encourages everyone to follow the guidelines of the CDC to help protect themselves and our communities from the COVID-19 virus.

Please heed this advise.

BURNS MORTUARY
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Grant County Health Department

Healthy Hand Hygiene Habits

Protect yourself against COVID-19

and other diarrheal and respiratory illnesses, and help prevent the spread of germs to others, by following these simple hand hygiene guidelines:

1. Wash your hands with soap and warm water, lathering for at least 20 seconds.
2. If soap is unavailable, use a hand sanitizer containing at least 60 percent alcohol to clean your hands.

Wash your hands throughout the day, particularly under these circumstances:

- Before preparing food
- Before eating
- After using the toilet
- After changing a diaper or helping a child use the toilet
- Before and after exposure to someone who is sick
- After coughing, sneezing or blowing your nose
- After touching an animal or picking up animal waste
- After handling pet food or treats
- After handling garbage or garbage cans
- Before and after attending to a cut or wound

Information resource: Center for Disease Control and Prevention

*Proper hand washing
helps all of us stay
healthy, so remember
to be aware and do
your part to help protect
yourself and others!*



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COVID-19 is making everyone aware of handwashing and protecting others from coughs and sneezes. This pandemic can seem overwhelming, but in truth, every person can help slow down the spread of COVID-19.

By doing your part, you can make a big difference to your health, and that of others around you. It's important to know how to stop the spread of the disease and to know what to do if you feel sick, which are several of the questions that many people are asking.

The Center for Disease Control and Preventions (CDC) along with the OHA have the most up to date recommendations. As we continue to learn more about this virus, information is updated.

Protecting patient health information and the privacy of our patients remains one of our top priorities as healthcare providers. When receiving healthcare services at our facilities, we ask your continued support for the health and privacy of fellow Grant County residents and patients.

<https://grantcountyoregon.net/242/Health-Department>

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