

Stay Safe

HOW TO PROTECT YOURSELF & OTHERS FROM COVID-19



How it Spreads

- Through close contact with one another (within about 6 feet)
- When an infected person coughs, sneezes or talks
- Droplets land in the mouth, nose or are inhaled into the lungs
- You may spread COVID-19 to others even if you do not feel sick

Everyone Should



- **Regularly** wash their hands with soap and water for at least 20 seconds especially after being in a public place, blowing your nose, coughing, or sneezing
- If soap and water are not available, use a hand sanitizer (60%+ alcohol) by covering all surfaces of your hands and rub them together until they feel dry
- Avoid touching your eyes, nose, and mouth with unwashed hands
- **Avoid** close contact with people and maintain social distancing
- Everyone should wear a cloth face cover when they must go out in public
- The cloth face cover is meant to protect other people in case you are infected.
- Continue to keep about 6 feet between yourself and others. The cloth face cover is not a substitute for social distancing.
- Remember to **always** cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow if not wearing a face covering
- Throw used tissues in the trash
- Immediately wash your hands
- If surfaces are dirty, clean them
- Clean and **disinfect** frequently touched surfaces. This may include desks, tables, door knobs, elevator buttons, handles, phones, computer keyboards/mouses, remote controls, faucets, sinks and toilets. This should be done with an approved cleaning agent.