

Knowledge is Power!

Safety tips to reduce COVID-19 (Coronavirus) exposure risk



Practice good hygiene

Frequently wash your hands with soap and water for 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, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.

Avoid touching your eyes, nose, and mouth with unwashed hands.

Cover your cough or sneeze with a tissue and throw it in the trash.



Practice social distancing, but not isolation

Stay home as much as possible.

Put distance between yourself and other people.

Remember that some people without symptoms may be able to spread virus.

Maintain healthy human interactions via phone calls, text message, video chat, and email.



Stay Home...

if you feel sick

if you have a sick household member

if you come into direct contact with someone who test positive for COVID-19



Cover your mouth and nose with a cloth face cover when around others

You could spread COVID-19 to others even if you do not feel sick.

The cloth face cover is meant to protect other people in case you are infected.

Everyone should wear a cloth face cover when they have to go out in public, for example to the grocery store or to pick up other necessities.

Continue to keep about 6 feet between yourself and others. The cloth face cover is not a substitute for social distancing.



Clean and disinfect

Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.

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

Then, use a household disinfectant. Most common household disinfectants will work.

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Information source: cdc.gov