THE CORONAVIRUS: What you can do

REMEMBER TO KEEP: AWARE OF SYMPTOMS • CLEAN HANDS • HEALTHY DISTANCES

**KEEP AWARE**
The new coronavirus disease 2019 (COVID-19) is a mild to severe respiratory illness with symptoms, such as:

- Coughing or sneezing
- Fever
- Difficulty breathing

The main way COVID-19 spreads is from close person-to-person contact. This happens from:

- Within a 6-ft. distance
- Respiratory droplets
- Contaminated surfaces

If you are experiencing symptoms and feel ill, be sure to see your primary care doctor.


**KEEP CLEAN HANDS**
Wash your hands often. The best way to do so is:

1. Wet with clean running water and apply soap
2. Lather on backs of hands, between fingers and under nails
3. Rub hands for 20 sec (length of “Happy Birthday” 2x)
4. Rinse hands well under clean, running water
5. Dry hands using a clean towel, or by air drying them

USE HAND SANITIZER WHEN THERE IS NO SOAP AND WATER
Remember that sanitizers do not get rid of all types of germs, especially with things like dirt or grease particles.

**KEEP HEALTHY DISTANCES**

- Avoid touching your eyes, nose and mouth
- Cover your mouth and nose when you cough or sneeze
- Place used tissues in a waste basket
- If you don’t have a tissue, cough or sneeze into your upper sleeve, not your hand
- Clean and disinfect using cleaning sprays or wipes
- Wear a facemask if you are showing symptoms or caring for someone who is sick
- Avoid shaking hands and close personal contact with others
- Stay home when you are sick