



How to Protect Yourself and Others COVID-19



WASH YOUR HANDS

with soap and water for at least 20 seconds



If there's no visible dirt on your hands,
disinfect frequently



DISINFECTION



**Clean and
disinfect
frequently
touched
surfaces
daily**



Always cover your mouth and nose with a tissue when you cough or sneeze, throw used tissues in the trash, wash your hands

AVOID TOUCHING YOUR EYES, NOSE, AND MOUTH WITH UNWASHED HANDS



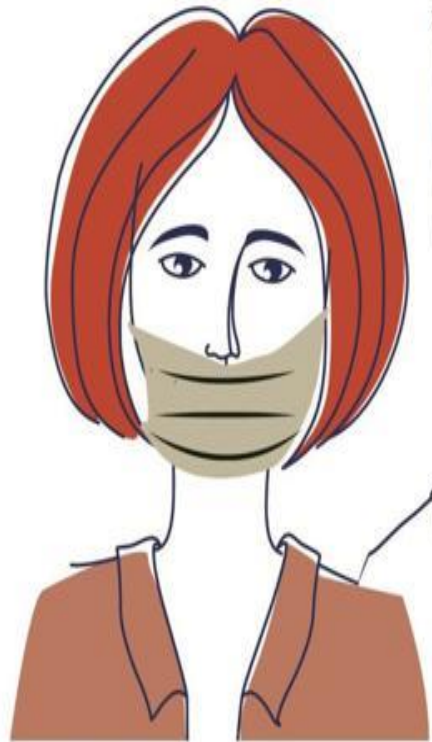
COVER YOUR MOUTH AND NOSE WITH A MASK



PROPER STEPS TO WEARING MASK



DON'T
leave your
nose exposed.



DON'T
allow gaps
on the sides of
your mask.



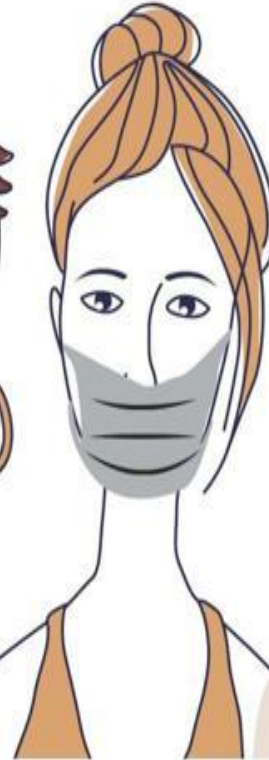
DON'T
lower your mask
to rest around
your neck.



DON'T
leave your
chin uncovered.



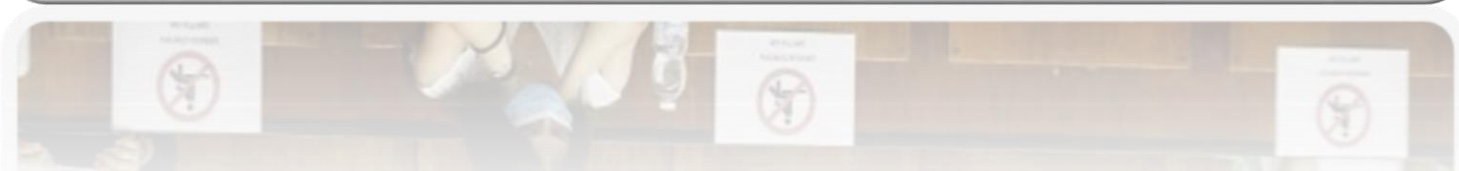
DON'T
cover only
part of
your nose.



DO wear your mask so that it
completely covers your mouth,
nose, and chin, and so it is tight
against your face.



WATCH YOUR DISTANCE





AVOID CROWDING



- COUGH
- FEVER
- SHORTNESS OF BREATH/DIFFICULTY BREATHING
- NEW LOSS OF TASTE OR SMELL
- HEADACHE
- SORE THROAT
- CONGESTION OR RUNNY NOSE
- DIARRHEA
- FATIGUE
- MUSCLE AND JOINT PAIN
- ...



Stay home except to get urgent medical care

**KEEP
CALM
AND
stay
responsible**

