Ways to Prevent the Spread of COVID-19
Daily Living
At Home

- Clean and disinfect surfaces.
- Stay informed and in touch locally.
- Prepare a room for household members who have an increased risk for severe illness.
- Wash hands frequently.
- Avoid touching your face.
- Stay home if sick.
- Cover your cough or sneeze.
Daily Living
Errands and Going Out

- Continue to protect yourself
  ✓ Wear a mask.
  ✓ Keep hands washed or sanitized.
  ✓ Practice social distancing.
- Choose outdoor activities to stay 6 feet away from others.
- Check to see if prevention practices are in place at restaurants and/or stores.
- Go during hours when fewer people will be there (early morning or late night).
Daily Living
Errands and Going Out (continued)

• Use visual markings on the floor as a reminder to distance yourself.
• Use disinfecting wipes, if available.
• Avoid touching your face.
• Use touchless payment option, if available.
• Order online or use curbside pickup.
• Use hand sanitizer before and after leaving the store.
• When you get home, wash your hands for at least 20 seconds.
Daily Living

Doctor Visits & Getting Medicine

• Use telemedicine or communicate by phone or email.
• Talk to your doctor about rescheduling procedures that are not urgently needed.
• If in person, protect yourself:
  ✓ Wear a mask.
  ✓ Keep hands washed or sanitized.
  ✓ Practice social distancing.
• Use touchless payment option.
• Call ahead to pick up medicine and use drive-thru or curbside services.
More on Masks

GUIDANCE ON THE USE OF FACE COVERINGS BY THE GENERAL PUBLIC

• Face coverings should be worn in indoor and outdoor environments and when physical distancing of 6 feet or more cannot be assured.
• Medical and cloth masks are sufficient.
• N95 respirators should be reserved for front-line healthcare workers.
• Your mouth and nose should always be covered.
Masks Protect Our Children, Too.