



COUNTY OF POLK
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Tips to Prevent COVID-19

Clean Hands Often

- Wash your hands often with soap and water for 20 seconds.
- Always wash immediately after removing gloves and after contact with a person who is sick.
- Hand sanitizer: If soap and water are not readily available and hands are not visibly dirty, use a hand sanitizer that contains at least 60% alcohol. However, if hands are visibly dirty, always wash hands with soap and water.
- Additional key times to clean hands include:
 - After blowing one's nose, coughing, or sneezing
 - After using the restroom
 - Before eating or preparing food
 - After contact with animals or pets
 - Before and after providing routine care for another person who needs assistance (e.g. a child)
- Avoid touching your eyes, nose, and mouth with unwashed hands.

Limit Errands

Family members should leave only when absolutely necessary. Essential errands include going to the grocery store, pharmacy, or medical appointments that cannot be delayed (e.g., infants or individuals with serious health conditions in need of aid).

If you must leave the house, please do the following:

- Choose one or two family members who are not at a higher risk to run the essential errands.
- Avoid crowded areas.
- Wear a cloth face covering.
- Practice social distancing and stay 6 feet away from others.
- Avoid touching high-touch surfaces such as door knobs, and wash hands or use hand sanitizers as soon as possible after leaving.
- Wash your hands immediately after you return home.

Carpooling

- Limit close contact and create space between others in the vehicle.
- Improve air flow in the car by opening the window or placing air conditioning on non-recirculation mode.
- Wear a homemade face cloth at all times during the car ride to and from work.

Wear Homemade Cloth Masks

Wear a cloth face coverings in public settings like the grocery store or pharmacies where it is difficult to maintain 6 feet social distancing.

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