



HOW TO **PROTECT** YOURSELF & OTHERS

Swipe to know more !

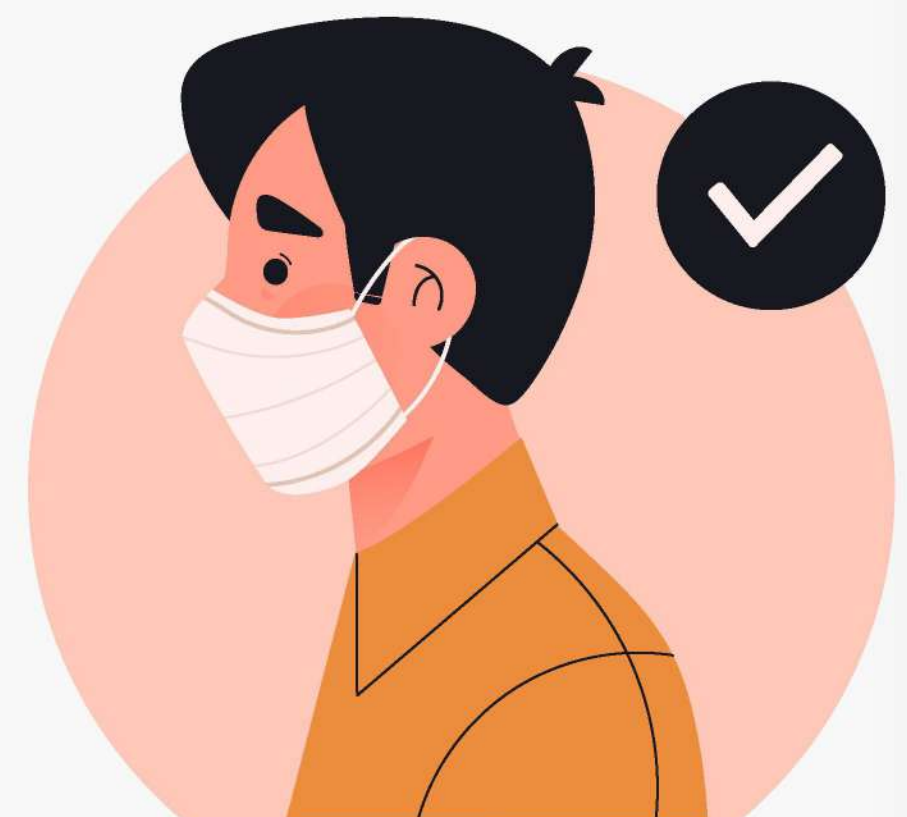
WEAR A MASK

Everyone 2 years and older should wear masks in public.

If someone in your household is infected, people in the household should take precautions including wearing masks to avoid spread to others.

Wear your mask over your nose and mouth and secure it under your chin. Fit the mask snugly against the sides of your face, slipping the loops over your ears or tying the strings behind your head.

Make sure you can breathe easily.



GET VACCINATED

Authorized COVID-19 vaccines can help protect you from COVID-19.

You should get a COVID-19 vaccine when it is available to you.

Once you are fully vaccinated, you may be able to start doing some things that you had stopped doing because of the pandemic.



CLEAN & DISINFECT

Clean high touch surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.

If someone is sick or has tested positive for COVID-19, disinfect frequently touched surfaces. Use a household disinfectant product from EPA's List N: Disinfectants for Coronavirus (COVID-19)[external icon](#) according to manufacturer's labeled directions.

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

STAY 6_{ft.} APART

Inside your home:

Avoid close contact with people who are sick.

If possible, maintain 6 feet between the person who is sick and other household members.

Outside your home:

Put 6 feet of distance between yourself and people who don't live in your household.

Keeping distance from others is especially important for people who are at higher risk of getting very sick.

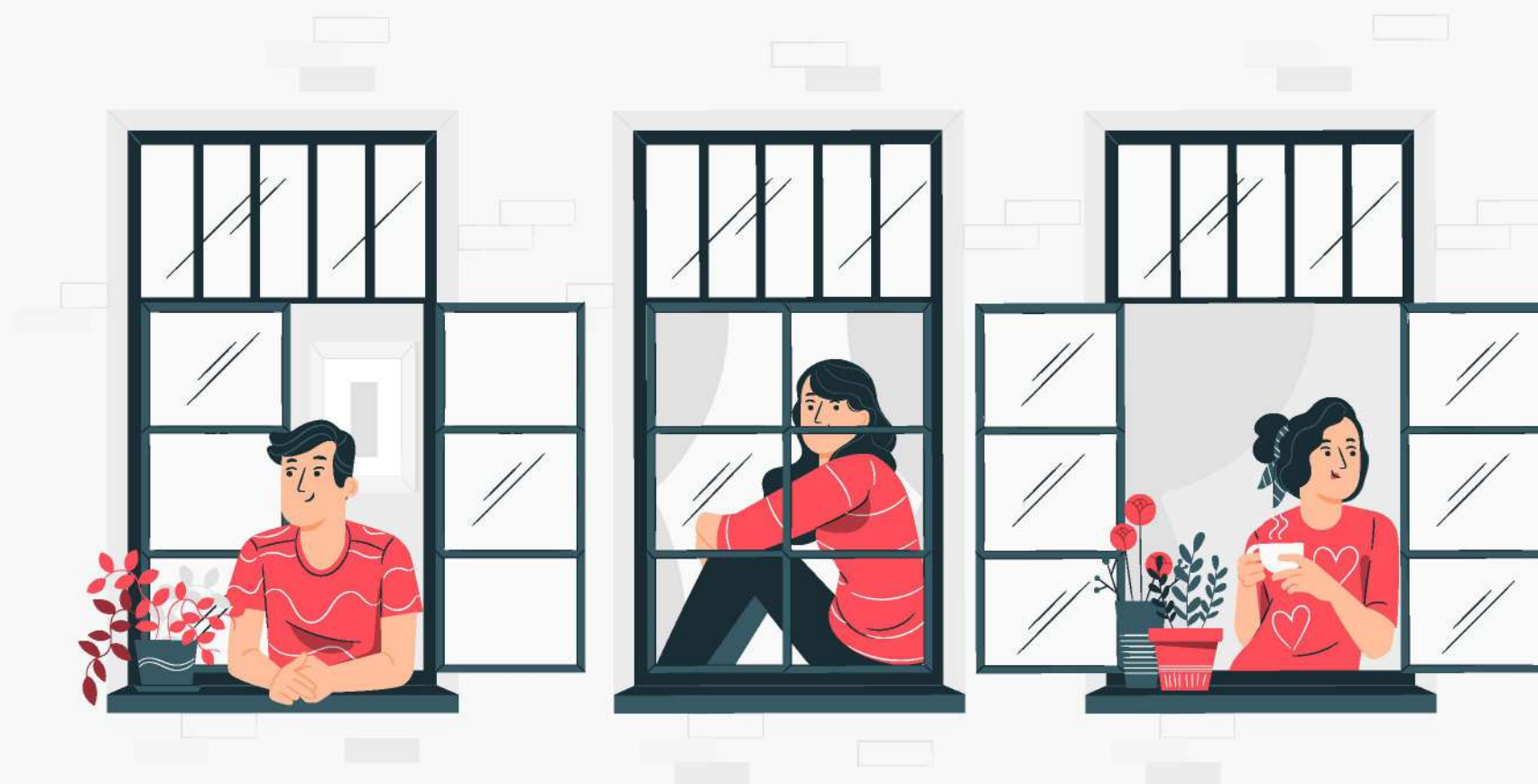
Remember that some people without symptoms may be able to spread virus.

AVOID CROWDS & POORLY VENTILATED SPACES

Being in crowds like in restaurants, bars, fitness centers, or movie theaters puts you at higher risk for COVID-19.

Avoid indoor spaces that do not offer fresh air from the outdoors as much as possible.

If indoors, bring in fresh air by opening windows and doors, if possible.

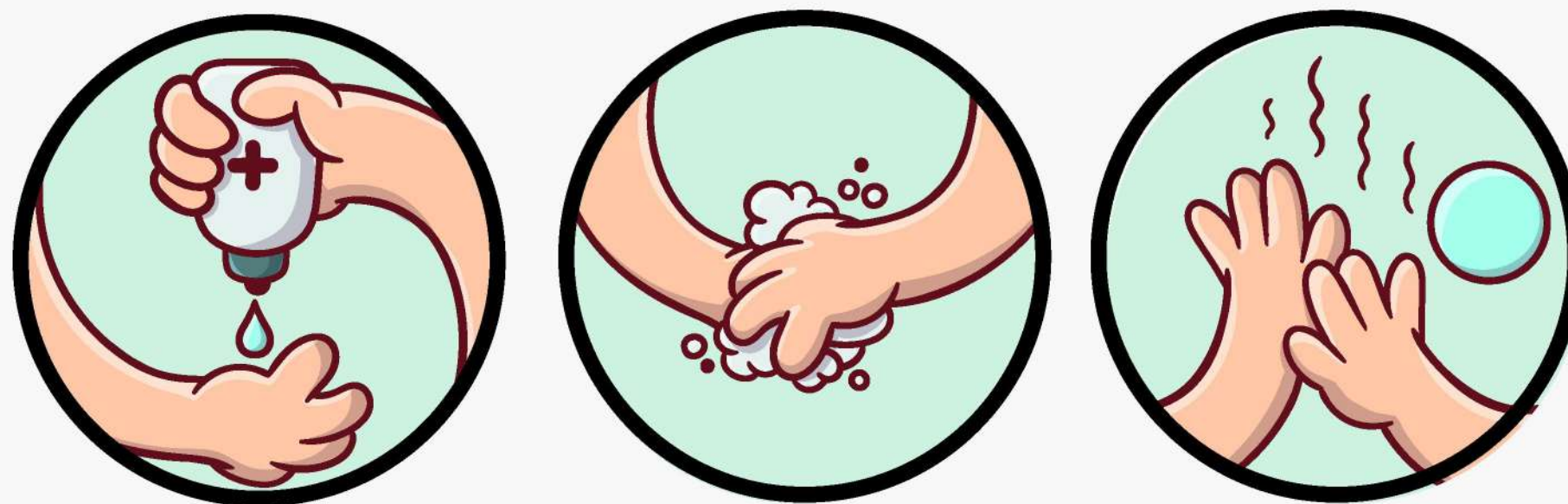


WASH HANDS

Wash your hands often with soap and water for at least 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 COUGHS & SNEEZES

If you are wearing a mask:

You can cough or sneeze into your mask. Put on a new, clean mask as soon as possible and wash your hands.

If you are not wearing a mask:

Always cover your mouth and nose with a tissue when you cough or sneeze, or use the inside of your elbow and do not spit.

Throw used tissues in the trash.

Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

MONITOR HEALTH

Be alert for symptoms. Watch for fever, cough, shortness of breath, or other symptoms of COVID-19.

Especially important if you are running essential errands, going into the office or workplace, and in settings where it may be difficult to keep a physical distance of 6 feet.

Take your temperature if symptoms develop. Don't take your temperature within 30 minutes of exercising or after taking medications that could lower your temperature, like acetaminophen.

Follow CDC guidance if symptoms develop..



“THIS **TOO
SHALL
PASS.”**

STAY POSITIVE

STAY SAFE