Coronavirus Disease (COVID-19)
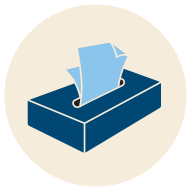
Protect Yourself, Protect Your Family and Community
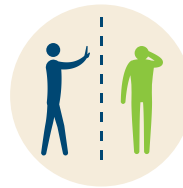
Wash your hands often for 20 seconds or use hand sanitizer with at least 60% alcohol.

Stay home when you are sick.

Cover your cough or sneeze with a tissue. Throw tissue in the garbage. Clean hands as noted above.

Don't be in close contact with sick people. That means within 6 feet.

Don't touch your eyes, nose, or mouth.

Clean and disinfect high-touch surfaces using your regular cleaning products or wipes.

The Centers for Disease Control and Prevention has a lot of details on the best way to keep yourself safe from COVID-19. For more information, visit their website at:

https://www.cdc.gov/coronavirus/2019-ncov/about/index.html

APIC
Association for Professionals in
Infection Control and Epidemiology