

Keep Yourself and Others Safe

We know that COVID-19 will be with us for the foreseeable future, and it is up to each individual to gauge their own vulnerability and risk tolerance, as each person is ultimately responsible for their own health. It is also vital we do everything we can to stay vigilant in keeping each other safe. Below are some useful tips, and **we encourage you to follow all state and local guidelines.**

HANDS AND FACE

- Wash your hands often with soap and water for at least 20 seconds, especially after you have been in a public place.
- 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 your mouth and nose when you cough or sneeze. Cough or sneeze into your elbow or a tissue. Throw used tissues in the trash. Immediately wash your hands with soap and water for at least 20 seconds or use a hand sanitizer with at least 60% alcohol.

COVER YOUR MOUTH AND NOSE

- Everyone should cover their mouth and nose with a cloth face cover when around others outside their household and when in a public space.
- You could spread COVID-19 to others even if you do not feel sick. A cloth face cover is meant to protect other people in case you are infected.
- Do NOT use a face mask meant for a healthcare worker.
- Continue to keep 6 feet between yourself and others. The cloth face cover is not a substitute for social distancing.

MAINTAIN DISTANCING

- Put distance between yourself and other people outside of your home.
- Remember that some people without symptoms may be able to spread virus.
- Stay at least 6 feet (about 2 arms' length) from other people.
- If you are 65 and older or have certain underlying medical conditions, stay at home and avoid situations where you could be exposed.

CLEAN AND DISINFECT

- Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, stair railings, elevator buttons, handles, desks, phones, keyboards, toilets, faucets and sinks.
- Most common EPA-registered household disinfectants will work. If surfaces are dirty, use detergent or soap and water to clean them before disinfecting.

MONITOR YOUR HEALTH

- Be alert for symptoms. Watch for fever, cough, shortness of breath or other symptoms of COVID-19. It is especially important if you are in settings where it may be difficult to keep a physical distance of 6 feet.
- Take your temperature and follow CDC guidance if symptoms develop.

Recommendations provided by experts at the United States Centers for Disease Control and Prevention (CDC). Always consult your local guidelines and restrictions to be up to date on executive orders in your area.