

# COVID-19 Prevention

## How to prevent flu and respiratory infections

### WEAR A MASK

- When you leave your house, wear a fabric mask
- Wearing a mask helps protect yourself and others from the virus

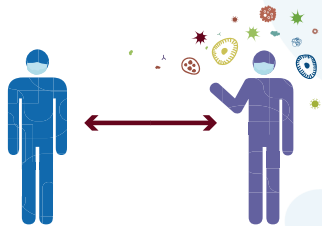


### WASH YOUR HANDS OFTEN



- Use soap and water
- Wash for at least 20 seconds. Sing the ABC's while you do it!
- Make sure you scrub in-between your fingers
- Always wash your hands after:
  - Using the bathroom
  - Being in a public place
  - Before you eat
- If you don't have access to soap, use an alcohol-based hand sanitizer that is at least 60% alcohol based.

Did you know that flu and respiratory germs can spread to others from up to six feet away?



### STAY 6 FEET APART

- Stay at least 6 feet apart from others who do not live with you.

*Small liquid droplets are sprayed during a cough or sneeze. Viruses like COVID-19 can be spread through these droplets.*

### AVOID TOUCHING YOUR FACE

- Don't pick your nose
- Don't touch your mouth
- Don't rub your eyes

*These are all places where germs can enter your body!*



### OTHER TIPS

- Avoid contact with people who are sick.
- Clean and disinfect frequently touched objects and surfaces using household cleaning sprays or wipes.
- Sneeze into your elbow
- Cough into a tissue and then throw the tissue away and wash your hands
- Please, stay home and isolate when you are sick!



#### Sources:

- CDC: <https://www.cdc.gov/coronavirus/2019-ncov/about/prevention-treatment.html>
- CDC Video: <https://www.facebook.com/CDC/videos/829750400877436/>
- National Institutes of Health: <https://www.nih.gov/health-information/coronavirus>
- World Health Organization: <https://www.who.int/health-topics/coronavirus>
- World Health Organization: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>