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?
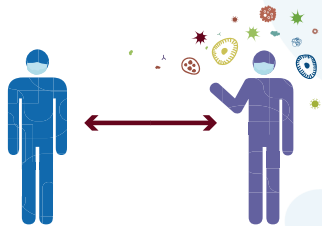
STAY 6 FEET APART

- 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!

The Wellness Network