

How to Stop the Spread of COVID-19



Wash Your Hands

- Wash your hands often with soap and water for at least 20 seconds. Wash your hands right after you have been outside and after you have sneezed, coughed, or blown your nose, before eating and when your hands look dirty.
- When you do not have soap and water, use hand sanitizer that has at least 60% alcohol.
- Cover your whole hands (front and back) and rub your hands together until they feel dry.
- Try not to touch your eyes, nose, and mouth with unwashed hands.



Keep Your Distance

- Stay at home if you can.
- **Stay at least 6 feet away from people, when possible.**



Wear a Mask or Face Cover

- Cover your nose and mouth with a mask or a paper or cloth face cover, scarf or bandana when you leave home or are near other people.



Cover Coughs & Sneezes

- Cover your nose and mouth with a tissue when you sneeze or cough.
- Put used tissues in the trash.



Clean & Disinfect

- Clean surfaces you touch often, such as tables, doorknobs, counters, phones, etc.
- Clean with soap and water or a household cleaner, then disinfect.
- To disinfect, use a household disinfectant or a mix of bleach and water. To make a bleach solution, mix 5 tablespoons (1/3rd cup) bleach per gallon of water. Alcohol solutions with at least 70% alcohol may also be used.
- Leave this mix or cleaner on the surface for at least 1 minute.
- Follow instructions on the bottle of bleach for use.
- Never mix bleach with ammonia or any other household cleaner.



When to Call 911

Call 911 if you have any of the emergency warning signs:

- Trouble breathing
- Pain or pressure in the chest
- New confusion or a hard time waking up
- Blue lips or face

This list is not all inclusive. Please call your doctor if you have any other symptoms that worry you.

Use a Face Cover to Help Slow the Spread of COVID-19

Who Should Wear a Face Cover?

All people should wear a face cover when going out in public. People who are sick (sneezing, coughing) should wear a face cover when at home too.

What is a Face Cover?

A face cover is any well fitted paper or cloth (such as a bandana or scarf) that covers the mouth and nose and stays attached to your face while you are wearing it.

How to Make a Face Cover

You can make a face cover by using a scarf, small towel, bandana, or an old T-shirt. It should fit snugly to your mouth and over your nose. A thicker fabric is better to keep germs out. Once you are sure it covers your mouth and nose, it can be secured behind your ears with rubber bands or tied behind your head.

View this short video to see how to make one at home: www.bit.ly/3eiyx8g

How to Clean a Cloth Face Cover

Wash the face cover with soap and water or use a washing machine every day.

Do's and Don'ts for Face Covers

Do:

- ✓ Make sure you can breathe through it
- ✓ Wear when going out in public
- ✓ Wear at home if you are sick
- ✓ Make sure it covers your nose and mouth
- ✓ Wash each day
- ✓ Dry the face cover before you put it on



Do NOT:

- ✗ Touch your eyes, nose, or mouth when you take off the cover
- ✗ Touch the front part of the face cover when taking it off
- ✗ Use for kids less than two years old
- ✗ Use if you have trouble breathing