

# 5 Tips for Coronavirus Safety

1

## Avoid Crowds



### WHEN:

- ✓ If you feel sick
- ✓ If you feel healthy
- ✓ Until the epidemic is over in your area

### HOW:

- ✓ "Crowd" means any big group of people
- ✓ "Big" means you can't keep 6 feet (2m) apart
- ✓ Avoid shaking hands
- ✓ Important even if you are healthy

STAY INDOORS

ENJOY QUIET OUTDOOR SPACES

STAY AT LEAST 6 FT. APART

WALK YOUR DOG

2

## Stay Home if You're Sick



### WHEN:

- ✓ Fever
- ✓ Cough
- ✓ Shortness of Breath

### HOW:

- ✓ Stay at home even after symptoms are gone until a doctor says its ok
- ✓ Call doctor first before seeking care
- ✓ Avoid public areas, school or work
- ✓ Don't use public transit, taxis, or ride share services
- ✓ Wear a mask if you have to go out

DO STAY IN BED

DO WATCH TV

DON'T USE PUBLIC TRANSIT

3

## Clean Frequently Used Surfaces



### WHEN:

- ✓ Once a day
- ✓ After heavy use
- ✓ When used by someone sick

### HOW:

- ✓ Soap and water will work
- ✓ Cleaning alcohol, if at least 70%
- ✓ Household bleach diluted 4 tsp. (20ml) per qt. (950ml)

DOOR KNOBS

TAPS AND FAUCETS

TOILET HANDLES AND SEAT COVERS

LIGHT SWITCHES

COUNTERTOPS AND TABLES

CELL PHONES AND TV REMOTES

4

## Cover Coughs and Sneezes



### WHEN:

- ✓ If you're sick
- ✓ If you have allergies
- ✓ If you cooked with too much pepper

### HOW:

- ✓ Put used tissues in trash
- ✓ Wash your hands right away

INTO A TISSUE, HANDKERCHIEF, SLEEVE OR ELBOW

5

## Clean Your Hands Often



### WHEN:

- ✓ Entering a building
- ✓ Getting home
- ✓ Using the bathroom
- ✓ Being in a crowd
- ✓ Sneezing or coughing
- ✓ Taking the bus, train, ride share or subway
- ✓ Before eating or making food

### HOW:

- ✓ Soap and water is best
- ✓ Hand sanitizer is ok
- ✓ Both sides of your hands
- ✓ Under your nails
- ✓ Between your fingers
- ✓ Don't forget thumbs
- ✓ Dry completely

SING THE ALPHABET