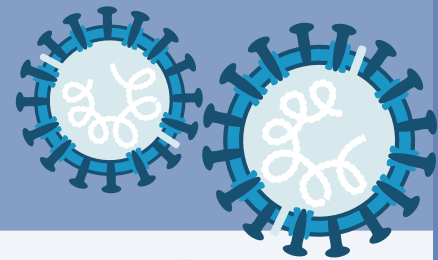


# Help Limit the Spread of COVID-19 & other respiratory diseases



## Symptoms of COVID-19



Fever



Cough



Shortness of breath

AND



Exposure to a person known to have COVID-19

## Prevention



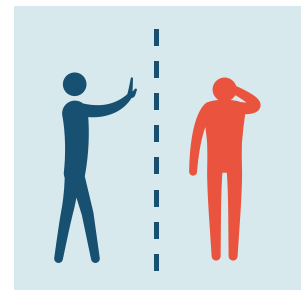
**Wash your hands often** with anti-bacterial soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer when soap/water is not available.



**Avoid touching your eyes, nose, and mouth**



**Clean and disinfect** frequently touched objects and surfaces with household cleaning sprays or wipes.

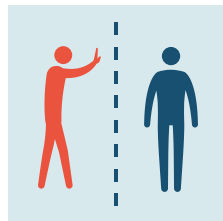


**Avoid close contact with people who are sick**

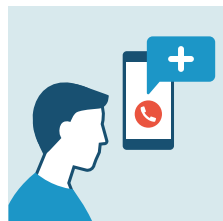
## If You're Experiencing Symptoms



**Stay at home**  
Do not go to work. Isolate yourself in your home from loved ones as much as possible.



**Avoid others**  
Limit your exposure to others. Do not travel or visit public places.



**Call your healthcare provider, do not visit a clinic unannounced**  
Your provider will direct you on where to seek treatment and the precautions to take.



**Cover cough/sneeze with a tissue and dispose in the trash**



**Wear a facemask** to avoid spreading the illness to others.

## Five Steps to wash your hands the right way

1

Wet your hands with clean, running water (warm or cold), turn off the tap and apply soap.

2

Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers and under your nails.

3

Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.

4

Rinse your hands well under clean, running water.

5

Dry your hands using a clean towel or air dry them.

