

12"

SLOW SPREAD OF COVID-19

18"

PREVENTION
Implement Steps To Prevent Illness

PHYSICAL DISTANCING
The CDC recommends a minimum distance of 6 feet between people in public areas.

AVOID CROWDS
Avoid large groups of people, especially in public places.

AVOID HANDSHAKES
Avoid handshakes, hugs, and other forms of physical contact.

AVOID FACE-TO-FACE CONTACT
Avoid face-to-face contact, especially in public places.

AVOID PUBLIC PLACES
Avoid public places, especially in public places.

AVOID PUBLIC TRANSPORTATION
Avoid public transportation, especially in public places.

KNOW THE SIGNS & SYMPTOMS OF CORONAVIRUS COVID-19

FEVER **COUGH** **SHORTNESS OF BREATH**

WHAT TO DO IF YOU ARE SICK

STAY HOME **SEPARATE YOURSELF** **WEAR A MASK** **DO NOT SHARE** **CLEAN SURFACES** **WASH YOUR HANDS**

STAY HOME
Do not leave your home, except to get medical care or to get food and supplies.

SEPARATE YOURSELF
Do not be around other people, especially in public places. If you must be around other people, keep a minimum distance of 6 feet between yourself and others.

WEAR A MASK
Do not be around other people, especially in public places. If you must be around other people, wear a mask that covers your nose and mouth.

DO NOT SHARE
Do not share items, especially in public places. If you must share items, clean them with soap and water or a disinfectant.

CLEAN SURFACES
Clean and disinfect frequently touched surfaces daily. Use detergent or soap and water prior to disinfection.

WASH YOUR HANDS
Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use hand sanitizer that contains at least 60% alcohol.

12"

SOCIAL DISTANCING

18"

Implement Steps To Prevent Illness

Social distancing is the practice of increasing the space between individuals and decreasing the frequency of contact to reduce the risk of spreading a disease.

Examples of practical measures that might reduce face-to-face contact in personal and community settings include the following:

6FT BETWEEN
Maintain a 6ft perimeter of distance between you and everyone else. In every situation.

LESS THAN 10
Avoid Social Gatherings in groups of more than 10 people. Avoid public transportation.

STAY HOME
Work or engage in schooling from home whenever possible.

FOOD TO GO
Avoid eating or drinking in food establishments. Use drive-thru, pick-up, or delivery options.

NO VISITATION
DO NOT VISIT nursing or retirement facilities. Unless you are critical care assistance.

AVOID TRAVEL
Avoid unnecessary travel such as shopping or social visits.

12"

STOP THE SPREAD OF GERMS

18"

COVER COUGHS AND SNEEZES
Cover your mouth and nose with a tissue, or use the inside of your elbow.

WASH HANDS OFTEN
Use soap and warm water for at least 20 seconds.

AVOID CLOSE CONTACT
The CDC recommends to keep a minimum distance of 6ft between yourself and others.

AVOID TOUCHING YOUR FACE
Avoid touching your eyes, nose, and mouth. If you do, wash your hands or use a hand sanitizer that contains at least 60% alcohol.

CLEAN AND DISINFECT
Clean and disinfect frequently touched surfaces daily. Use detergent or soap and water prior to disinfection.

STAY HOME IF YOU ARE SICK
Stay home: Do not leave, except to get medical care. Do not visit public areas.

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KEEP SAFE USE SOCIAL DISTANCING

6 & 10

KEEP 6FT APART GROUPS OF 10 OR LESS

18"

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SLOW COVID-19 SPREAD WASH HANDS PROPERLY

Follow These 5 Steps Every Time

- 1 WET HANDS. APPLY SOAP
- 2 LATHER HANDS
- 3 SCRUB 20 or MORE SECONDS
- 4 RINSE HANDS
- 5 DRY HANDS

USE HAND SANITIZER, if washing is not an option. Must be at least 60% alcohol-based.

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