

# CORONAVIRUS: TAKING CARE OF YOURSELF & OTHERS



**Coronavirus is serious and spreads easily. It is more deadly than the flu. To be safe, stay home as much as possible**

## TAKE CARE OF YOURSELF

**Wash your hands** with soap and water for 20 seconds or use hand sanitizer

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

**Cover your cough or sneeze** with a tissue, throw the tissue out and wash your hands

**Take care of your body** by exercising, eating healthy and getting plenty of sleep

**Clean surfaces** and frequently touched objects like phones, light switches, doorknobs and TV remotes with disinfecting wipes or soap and water

**If you feel sick**, stay home and call your doctor. If you are having trouble breathing, call 911. If you don't have a doctor, call 211

## IF YOU HAVE TO GO OUT

**Wear a cloth face covering and stay 6 feet away** from people if you have to go to work, the store or the doctor

**Leave your shoes outside** when you get home, if possible

**Wash your hands**

**Wipe down** door knobs and other surfaces you touched when you came home

**Wash your clothes** before wearing them again

**Stay at least 6 feet away** from people when exercising outdoors

## IF SOMEONE AT HOME IS SICK

**Give the sick person a separate room** if possible

**Don't share a bed, dishes or silverware** with a sick person

**Wear a cloth face covering** when taking care of a sick person

**Clean shared spaces** like bathrooms every time they are used