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THE COVID-19 PANDEMIC

What Can I Do ?

1. Wash Your Hands – Often.

Wash your hands with soap and water for at least 20 seconds, especially after blowing your nose, coughing, sneezing, going to the bathroom, or having been near other people. Wash your hands and fingers as often as you can. If soap is not available, use a hand sanitizer containing 60% alcohol. The highly infectious COVID-19 virus lives in saliva, snot and stool. Washing your hands with soap and water kills the virus and can keep you safe.

2. Do Not Touch Your Eyes, Nose or Mouth.

Your hands and fingers pick up viruses very easily. Once contaminated, your hands can transfer the virus to your eyes, nose or mouth. From there, the virus enters your body and can make you sick.

3. Avoid Close Encounters – Wear a Face Mask In Public

Stay 3 - 6 feet away from others, especially if they are coughing or sneezing. Coughing and sneezing shoots tiny droplets into the air at 300 miles per hour that may contain COVID-19 viruses. If you are too close, you can breathe them in. Wear a Face Mask in Public Places. Don't Inhale Coronavirus.

4. Throw Your Cold Away.

Cover your mouth and nose with your bent elbow, or into a Kleenex tissue, when you cough or sneeze. Then throw your cold away.

5. Clean and Disinfect Your Home.

Clean frequently touched surfaces – tables, countertops, doorknobs, light switches, handles, desks, toilets, faucets, sinks and cell phones – using a regular household cleaning sprays or wipes. COVID-19 viruses can survive on these surfaces for 2-3 days.

6. Stay Safe at Home + Avoid Crowds.

Stay safe in your clean home when COVID-19 breaks out in your community. It works. Avoidance is the treatment of choice.

Resources

* National Institute of Health. <https://www.nih.gov/health-information/coronavirus>

* Center for Disease Control. <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>