

Ways to Slow the Spread of the COVID Virus

- 1) Listen to and follow the directions of your state and local authorities.
- 2) If you feel sick, stay home. Do not go to work. Contact your medical provider.
- 3) If your children are sick, keep them at home. Do not send them to school. Contact your medical provider.
- 4) If someone in your household has tested positive for the coronavirus, keep the entire household at home. Do not go to work. Do not go to school. Contact your medical provider calling ahead before presenting for treatment.
- 5) If you are an older person, stay home and away from other people.
- 6) If you are a person with a serious underlying health condition that can put you at increased risk (for example, a condition that impairs your lung or heart function or weakens your immune system), stay home and away from other people.
- 7) Even if you are young, or otherwise healthy, you are at risk and your activities can increase the risk for others. It is critical that you do your part to stop the spread of the coronavirus:
 - a. Work or engage in schooling from home whenever possible.
 - b. If you work in a critical infrastructure industry, as defined by the Department of Homeland Security, such as healthcare services and pharmaceutical and food supply, you have a special responsibility to maintain your normal work schedule. You and your employers should follow CDC guidance to protect your health at work.
 - c. Avoid social gatherings in groups of more than 10 people.
 - d. Avoid eating or drinking in bars, restaurants, and food courts – use drive-thru, pickup, or delivery options.
 - e. Avoid discretionary travel, shopping trips, and social visits.
- 8) Practice good hygiene:
 - a. Wash your hands often with soap and water for at least 20 seconds, especially after touching any frequently used item or surface. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
 - b. Avoid touching your face.
 - c. Sneeze or cough into a tissue, or the inside of your elbow.
 - d. Disinfect frequently used items and surfaces as much as possible. This includes doorknobs, tables, desks, handrails, telephones, etc.
 - e. Use non-contact methods of greeting.
- 9) Do not visit nursing homes or retirement or long-term care facilities unless to provide critical assistance.