CORONAVIRUS
THE DOs & DON'Ts
A SIMPLE GUIDE TO PROTECT YOU AND YOUR COMMUNITY

DO Wash Your Hands
WASH YOUR HANDS OFTEN
20 seconds of vigorous scrubbing with soap and water will remove germs. This will help limit spreading it. You can also use alcohol sanitizer.

DON'T Touch Your Face
LIMIT YOUR RISK AND EXPOSURE
Your skin is the first line of defense against germs, but germs can easily enter your body through your mouth, eyes, and nose and make you sick.

DO Stay Calm & Informed
STAY UPDATED ON THE LATEST DEVELOPMENTS
Get your information from: the Centers for Disease Control (CDC), World Health Organizations (WHO) & your Local Health Department.

DON'T Shake Hands
AVOID SPREADING GERMS
Try elbow bumping, waving, namaste or the Vulcan salute. Wash your hands if you do have to make contact.
DO Practice Social Distancing

FLATTEN THE CURVE!
This is our best tool at the moment to stop the pandemic. Reduce your risk of getting and spreading the virus. You may actually have the virus without symptoms and spread it unknowingly. Avoid crowds and social gatherings.

DO Stay Home if Sick

IF YOUR SYMPTOMS ARE MILD, PLEASE STAY HOME
A mild cough or fever does not necessarily mean you have to be tested. Stay home and quarantine yourself until you are symptom free. Save the hospital and ER for the severely ill. If you have access to tele-medicine or can call/message your doctor, do that. If your symptoms get worse, seek medical advice.

IF YOU HAVE MORE SEVERE SYMPTOMS, SEEK MEDICAL ADVICE.

DON'T Hoard Resources

WE ARE ALL IN THIS TOGETHER
Hoarding resources like toilet paper can worsen the crisis. Take necessary precautions but do not be excessive. Have a 2 week supply of food, water, & medicine. Help your community.

DON'T Steal Hospital Supplies!

SUPPLIES LIKE N95 MASKS AND GLOVES ARE INVALUABLE TO HEALTH CARE WORKERS
They need to protect themselves so they can take care of the sick. Otherwise, they are unable to work and contain the spread of disease. Hospitals need to be ready if the crisis worsens.

If you yourself get sick, you want the hospital to be fully supplied.