

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

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 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

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.