**Help Limit the Spread**

of COVID-19 & other respiratory diseases

**Symptoms of COVID-19**
- Fever
- Cough
- Shortness of breath
- Exposure to a person known to have COVID-19

**Prevention**

1. Wash your hands often with anti-bacterial soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer when soap/water is not available.
2. Avoid touching your eyes, nose, and mouth.
3. Clean and disinfect frequently touched objects and surfaces with household cleaning sprays or wipes.
4. Avoid close contact with people who are sick.

**If You’re Experiencing Symptoms**

- Stay at home: Do not go to work. Isolate yourself in your home from loved ones as much as possible.
- Avoid others: Limit your exposure to others. Do not travel or visit public places.
- Call your healthcare provider, do not visit a clinic unannounced: Your provider will direct you on where to seek treatment and the precautions to take.
- Cover cough/sneeze with a tissue and dispose in the trash.
- Wear a facemask to avoid spreading the illness to others.

**Five Steps to wash your hands the right way**

1. Wet your hands with clean, running water (warm or cold), turn off the tap and apply soap.
2. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers and under your nails.
3. Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
4. Rinse your hands well under clean, running water.
5. Dry your hands using a clean towel or air dry them.

*Source: Centers for Disease Control and Prevention (CDC) - CDC.gov*