

# CORONAVIRUS: WHAT YOU CAN DO TO MINIMIZE ITS IMPACT

Protect yourself and your community from getting and spreading respiratory illnesses like coronavirus disease 2019 (COVID-19). Everyone has a role to play in getting ready and staying healthy.



## **PRACTICE EVERYDAY PREVENTIVE ACTIONS NOW**

- Wash hands often with soap and water for at least 20 seconds. If soap and water are not available, use alcohol-based hand sanitizer.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.



## **AT HOME**

Choose a room in your home that can be used to separate sick household members from those who are healthy. If possible, identify a separate bathroom for the sick person to use. Clean these rooms, as needed, when someone is sick.



## **AT SCHOOLS AND CHILDCARE FACILITIES**

Learn about the emergency operations plan at your child's school or childcare facility.



## **AT THE WORKPLACE**

Learn about your employer's emergency operations plan. Discuss sick-leave policies and telework options for workers who are sick or who need to stay home to care for sick household members.



## **WATCH FOR SYMPTOMS**

Fever, cough, shortness of breath.

Stay informed about the local COVID-19 situation - [www.cdc.gov/coronavirus/2019-nCoV](http://www.cdc.gov/coronavirus/2019-nCoV)

Information taken from Centers for Disease Control and Prevention

