

BASIC PROTECTIVE MEASURES AGAINST CORONAVIRUS

(and other bacteria and viruses)



1. How it spreads

- Mainly from person-to-person.
- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs or sneezes.



2. Symptoms

- Monitor yourself for symptoms of:
 - Fever
 - Cough
 - Shortness of breath



3. Prevention

- Cover your coughs and sneezes.
- Avoid touching your eyes, nose, and mouth.
- Avoid close contact with people who are sick.



4. Keep your hands/space clean

- Wash your hands often with soap and water for at least 20 seconds.
- Clean and disinfect frequently touched objects and surfaces using cleaning spray or wipe.



5. Stay at home if you are sick

- Do not come to work.
- Stay home except to get medical care
- Separate yourself from other people and pets in your home



6. Contact your healthcare provider

- Call ahead before visiting your doctor