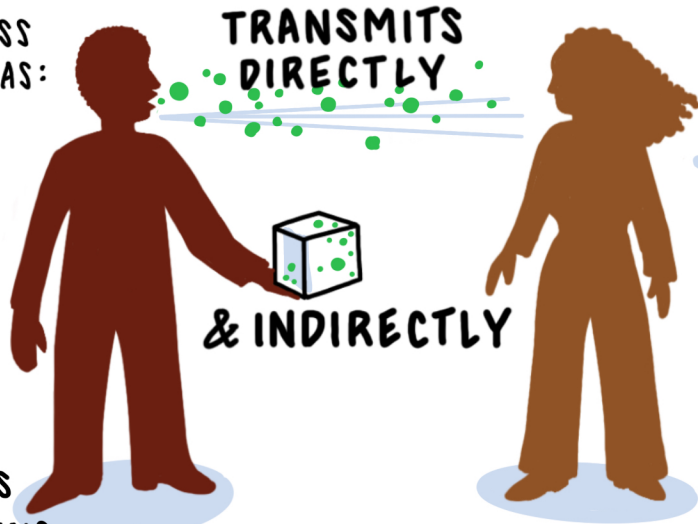


# CORONAVIRUS : PREVENTION IS KEY

A RESPIRATORY ILLNESS WITH SYMPTOMS SUCH AS:

- FEVER
- HEADACHES
- FATIGUE
- COUGH
- BLOOD CLOTS
- STROKE
- NEW LOSS OF SMELL OR TASTE
- MUSCLE/BODY ACHES
- DIFFICULTY BREATHING



IF YOU FEEL OFF... **STAND UP AND SPEAK OUT** FOR YOURSELF



SYMPTOMS OR NO SYMPTOMS- COVID-19 CAN CAUSE HOSPITALIZATION OR DEATH

KEEP UP WITH YOUR MEDICAL APPOINTMENTS & MEDICATIONS



MEDICAL CONDITIONS, LIKE ASTHMAS OR OBESITY, CAN INCREASE YOUR RISK OF DEATH FROM COVID-19

## ★ HAND WASHING

KILLS THE VIRUS WHEN DONE RIGHT



WASH WITH SOAP FOR 25 SECONDS

SING HAPPY BIRTHDAY SONG TWICE

MAKE SURE TO WASH UNDER JEWELRY, WATCHES & FINGERNAILS



USE A TOOTHBRUSH YOU DEDICATE FOR THIS TASK



## DEFEND YOURSELF



## ★ AVOID TOUCHING YOUR FACE

VIRUSES ENTER OUR BODIES THROUGH OUR EYES, NOSE & MOUTH

## ★ KEEP SURFACES CLEAN

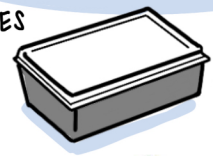
COVID-19 CAN LIVE ON SURFACES LIKE CARDBOARD, PLASTIC & METAL FOR 3 DAYS

### WIPE DOWN



PHONES

MEDICAL EQUIPMENT



TAKE OUT CONTAINERS

COVID-19 CAN LIVE ON BUTTONS & ZIPPERS



### FACE MASKS

CAN HELP STOP THE SPREAD OF DROPLETS FROM COUGHS AND SNEEZES



★ STILL USE SNEEZE & COUGH ETIQUETTE WHEN WEARING A MASK



# MANAGING HOME LIFE WITH FLU & COVID-19 VIRUS

EVEN IF YOU DON'T KNOW FOR SURE IF YOU OR SOMEONE IN YOUR HOME HAS THE FLU OR COVID-19...

**ASSUME YOU DO**

CALL YOUR DOCTOR'S OFFICE OR THE COUNTY HEALTH DEPARTMENT ABOUT GETTING TESTED

UNTIL TEST RESULTS COME BACK

**TRACK YOUR SYMPTOMS**  
TEMPERATURE x2 A DAY AND NOTE SYMPTOMS

KEEP A LIST OF YOUR DOCTOR'S PHONE NUMBERS ON THE FRIDGE

SOME OVER THE COUNTER MEDICINES CAN INTERFERE WITH PERSCRIPTION MEDICATIONS. TALK TO YOUR DR. FIRST.

ANTIVIRAL DRUGS ARE NOT A SUBSTITUTE FOR GETTING A FLU SHOT, BUT ARE A SECOND LINE OF DEFENSE TO TREAT THE FLU IF YOU GET SICK

## PREVENT SPREADING THE VIRUS

### ★ HAND HYGIENE

EVERYONE IN THE HOME SHOULD WASH THEIR HANDS OFTEN & CORRECTLY.

AVOID TOUCHING YOUR FACE



### ★ FRESH AIR

OUTSIDE AIR HELPS REDUCE THE CONCENTRATION OF CONTAMINATED DROPLETS IN THE AIR.

OPEN WINDOWS TO ALLOW FRESH AIR IN

SPEND TIME OUTSIDE

USE EXHAUST SYSTEMS



### ★ MASKS

CONSIDER MASKS FOR EVERYONE IN THE HOME, NOT JUST THE SICK PERSON. MASKS SHOULD COVER BOTH YOUR MOUTH & NOSE.



ALWAYS COUGH OR SNEEZE INTO YOUR ELBOW, EVEN WHEN WEARING A MASK

DEDICATE A LINED TRASH CAN FOR THE SICK PERSON TO USE



### ★ LIMIT CONTACT

TRY TO MINIMIZE YOUR CONTACT WITH OTHERS. STAY 6 FEET AWAY FROM PEOPLE.

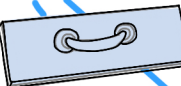
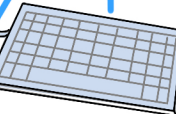
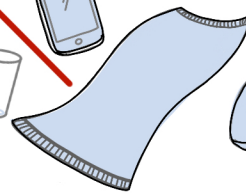
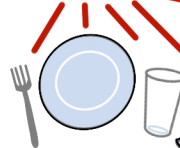


### ★ LIMIT SHARED SPACES & ITEMS

TRY TO NOT SHARE A BEDROOM OR BATHROOM WITH SOMEONE WHO IS SICK.

AVOID SHARING PERSONAL ITEMS AS MUCH AS POSSIBLE.

DON'T SHARE



### ★ WIPE DOWN SURFACES DAILY

IF HANDS TOUCH IT... CLEAN IT



### POST SICKNESS

DO A THOROUGH CLEANING OF THE SICK ROOM AND ANY SHARED SPACES.

CLEAN • VACUUM • LAUNDRY

BEDDING  
PAJAMAS  
TOWELS

