

Understanding the Rules of COVID Safety

Protect Yourself and Others

- **WEAR A MASK**

Avoid Close Contact

- Put at least a 6 foot distance between yourself and other people. This is especially important for people who are at higher risk of getting very sick.

Take steps to protect others

- STAY HOME IF YOU HAVE ANY SYMPTOMS OR FEEL SICK

Clean Your Hands Often

- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

Cover Coughs and Sneezes

- Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.
- Throw used tissues in the trash.
- Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

Clean and Disinfect

- Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.

WEAR A MASK

STAY HOME IF YOU ARE SICK

