

COVID-19

For
your
safety

Cover Your Cough

Thank you for covering your cough and helping to prevent the spread of COVID-19

Do you feel a cough coming on? Here are three ways you can Cover Your Cough to help prevent the spread of COVID-19 – and other germs, too:

1. TISSUE – Cover your mouth and nose with a tissue when you cough or sneeze. Immediately put your used tissue in a wastebasket.



2. SLEEVE – If you do not have a tissue, cough or sneeze into your upper sleeve or the inside of the bend of your arm. DO NOT cough or sneeze into your hands.



3. MASK – Consider wearing a face mask whenever you are in public.



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Wear Your Mask

Thank you for wearing a mask in public and helping to prevent the spread of COVID-19

Masks are a helpful way to prevent the spread of COVID-19. We offer the following tips for mask wear as well as the 8 Steps for Proper Use of a Mask.

- Masks must be used only once and replaced when soiled.
- Once your mask is on, refrain from touching it.
- A mask should never be worn around the neck, up on the forehead or dangling from one ear.



8 Steps for Proper Use of a Mask

STEP 1: Before touching the mask, clean your hands with alcohol-based hand sanitizer or wash your hands for at least 20 seconds.

STEP 2: Locate the outside of the mask. The colored side will face outward; the white side will face inward. If you have a personal cloth mask, you might consider putting a dot (with permanent marker) on the inside top of your mask to help you properly orient the mask.

STEP 3: Orient your mask. Hold the mask via the ear loops and place the metal strip or bendable edge at the top. (Or with the dot on the inside top of your cloth mask.) Then place the loops over the ears.

STEP 4: Pinch the bendable edge of the mask so it takes the shape of the bridge of your nose. Whether a medical mask or a cloth mask, ensure that the mask fully covers your mouth, nose and chin.

STEP 5: Before removing the mask, clean your hands with alcohol-based hand sanitizer or wash your hands for at least 20 seconds.

STEP 6: Remove your mask by holding it from the ear loops.

STEP 7: After you remove the mask, place it in the trash. Do not re-use a disposable medical mask. If you have a cloth mask, place it in a paper bag or envelope with the outside of the mask folded inward.

STEP 8: Clean your hands again thoroughly.

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Practice Good Hand Hygiene

Thank you for washing your hands and helping to prevent the spread of COVID-19

While you are out in the community, we urge you to continue following everyday preventive actions to help slow the spread of COVID-19 and other germs, too. One of the best actions is to practice good hand hygiene. It sounds so simple but is actually quite effective. We offer the following tips as well as the 5 Steps for Good Hand Hygiene.



- Wash your hands often with soap and water for a duration of at least 20 seconds.
- It is especially important to wash your hands after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Always wash hands with soap and water if hands are visibly dirty.

5 Steps for Good Hand Hygiene

STEP 1: Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.

STEP 2: Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.

STEP 3: Scrub your hands for at least 20 seconds.

STEP 4: Rinse hands well under clean, running water.

STEP 5: Dry hands using a clean towel or air dry them.

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Clean Surfaces Often

Thank you for practicing routine cleaning of frequently touched surfaces and helping to prevent the spread of COVID-19

Everyone should practice routine cleaning of frequently touched surfaces with household cleaners and EPA-registered disinfectants that are appropriate for the surface, following label instructions for safe and effective use. Here are some examples of frequently-touched surfaces:



- Tables
- Doorknobs
- Light switches
- Handles (drawers, refrigerator, oven, dishwasher, etc.)
- Keys
- Toilets and flush handle
- Faucets, faucet handles and sinks
- Clothes hampers
- Electronics*
 - Mobile phones
 - Remote controls
 - Tablets
 - Keyboards

How to Clean and Disinfect Hard (Non-porous) Surfaces

- Wear disposable gloves when cleaning and disinfecting surfaces. Clean hands immediately after removing your gloves.
- If surfaces are dirty, they should be cleaned using soap and water prior to disinfection.
- For disinfection, most common EPA-registered household disinfectants should be effective. Follow the label instructions for safe and effective use.

* For electronics, follow the manufacturer's instructions for all cleaning and disinfection products. Consider use of wipeable covers for electronics. If no manufacturer guidance is available, consider the use of alcohol-based wipes or spray containing at least 70% alcohol to disinfect touch screens.