HOW TO PROTECT YOURSELF AND OTHERS FROM COVID-19

• **If you get sick:** Stay home and call your doctor. If you are not sick enough to be hospitalized, you can recover at home.

• **Stay in touch with your doctor.** Be sure to get care if you feel worse or you think it is an emergency.

• **Ensure you have extra medications** if possible.

• **CALL your doctor BEFORE going** to their office.

• **Avoid using public transportation, ridesharing, or taxis.**

• **Try to be at least 6 feet away from other people.** Do not visit public areas.

• **Cover your mouth with a tissue or your upper sleeve** when you cough or sneeze.

• **Wash your hands often with soap and water for at least 20 seconds,** especially after you sneeze, cough, or blow your nose.

• **If you cannot wash your hands,** use hand sanitizer.

• **Avoid touching** your eyes, nose, mouth, and face.

• **Clean AND disinfect surfaces** that you touch often and every day.

• **Do not share dishes, glasses, or utensils.**

• **Avoid succumbing to the hysteria.** The great majority of us who contact this will have a mild case and will recover.

• **If your doctor tells you that you have the coronavirus,** stay at home and follow all instructions that your doctor gives to you.

Taken from CDC’s COVID-19 Recommendations. 03/16/20.