**KEEP YOURSELF HEALTHY**

**WASH 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. It’s especially important to wash:
- Before eating or preparing food
- Before touching your face
- After using the restroom
- After leaving a public place
- After blowing your nose, coughing, or sneezing
- After handling your mask
- After changing a diaper
- After caring for someone sick
- After touching animals or pets

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.

**AVOID CLOSE CONTACT**

**Inside your home:** Avoid close contact with people who are sick. If possible, maintain 6 feet between the person who is sick and other household members.

**Outside your home:** Put 6 feet of distance between yourself and people who don’t live in your household.
- Remember that some people without symptoms may be able to spread virus.
- Stay at least 6 feet (about 2 arms’ length) from other people.
- Keeping distance from others is especially important for people who are at higher risk of getting very sick.

**COVER YOUR MOUTH AND NOSE WITH A MASK WHEN AROUND OTHERS**
- You could spread COVID-19 to others even if you do not feel sick. The mask is meant to protect other people in case you are infected.
- Everyone should wear a mask in public settings and when around people who don’t live in your household, especially when other social distancing measures are difficult to maintain.
- Masks should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- Continue to keep about 6 feet between yourself and others. The mask is not a substitute for social distancing.
KEEP YOURSELF HEALTHY

COVER COUGHS AND SNEEZES
- Always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow and do not spit.
- 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.
- If surfaces are dirty, clean them. Use detergent or soap and water prior to disinfection.
- Then use a household disinfectant. Most common EPA-registered household disinfectants will work.

MONITOR YOUR HEALTH DAILY
- Be alert for symptoms. Watch for fever, cough, shortness of breath, or other symptoms of COVID-19. This is especially important if you are running essential errands, going into the office or workplace, and in settings where it may be difficult to keep a physical distance of 6 feet.
- Take your temperature if symptoms develop.
- Don’t take your temperature within 30 minutes of exercising or after taking medications that could lower your temperature, like acetaminophen.
- Don’t take your temperature after drinking hot beverages.
- Follow CDC guidance if symptoms develop.
- If you are sick, stay home! Seek help from a health care provider.
- Take care of your health physically and mentally. Remember to exercise, eat well and practice stress reduction.