COVID-19 PREVENTION METHODS
WASH HANDS

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.

Especially:
- 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.

Homemade Solutions:
1. Click here
2. Click here
Some ways to physical distance:

- Inside your home: Avoid close contact with people who are sick, if possible. If possible, maintain 6 feet between the person who is sick and other household members. If you are taking care of someone who is sick, make sure you properly wear a well-fitting mask and follow other steps to protect yourself.
- Indoors in public: If you are not up to date on COVID-19 vaccines, stay at least 6 feet away from other people, especially if you are at higher risk of getting very sick with COVID-19.

VENTILATE

- Open a window, if possible.
- Stay at home and away from crowds.
- Use fans to improve air flow.
- Avoid riding with or providing transportation for multiple passengers, whenever possible.

RECOMMENDED TO WEAR A MASK

- Ages 2 years and older should properly wear a well-fitting mask indoors in public in areas.
- If you are sick and need to be around others, or are caring for someone who has COVID-19.
- If you are at increased risk for severe illness, or live with or spend time with someone at higher risk.
- Follow your community guidelines***
Safety measures:
- Wear reusable or disposable gloves and eye protection.
- Clean surfaces using soap and water, then use disinfectant.
- Ensure adequate ventilation.
- Use water at room temperature for dilution.
- Avoid mixing chemical products.
- Label diluted cleaning solutions.
- Store and use chemicals out of the reach of children and pets.

For Electronics: Use wipes or sprays with at least 70% alcohol and dry thoroughly.

For Laundry: Use warmest water setting, dry all items completely, do not shake dirty laundry and disinfect area after completion.

Prepare a bleach solution:
- 5 tablespoons (1/3rd cup) of 5.25–8.25% bleach per gallon of room temperature water OR
- 4 teaspoons of 5.25–8.25% bleach per quart of room temperature water.
- Solutions will be effective for disinfection up to 24 hours.

Regularly clean frequently touched surfaces with household cleaners and EPA-registered disinfectants that are appropriate for the surface, following label instructions.
Some ways to cope with COVID-19:

- Take breaks from watching, reading, or listening to news stories, including social media.
- Take care of your body and mind.
- Try to eat healthy, well-balanced meals.
- Get plenty of sleep.
- Avoid alcohol and drugs.
- Connect with others online or on the phone and talk with people you trust.
- Make time to relax and do activities you enjoy.