MITIGATING THE SPREAD OF COVID-19

CONNECT WITH YOUR LOCAL HEALTH DEPARTMENT FOR THE MOST UP-TO-DATE INFORMATION FOR YOUR AREA

Avoid Close Contact
- Discuss your work from home capabilities with your supervisor
- Stay at least 6 feet from other people

Clean Hands Often
- Wash with soap and water for at least 20 seconds
- Use hand sanitizer that contains at least 60% alcohol
- Avoid touching eyes, nose, and mouth

Cover Mouth and Nose with Cloth Face Cover
A person can spread COVID-19 even if they are asymptomatic. Cloth face coverings can slow the spread of the virus. Cloth face covers are NOT a substitute for social distancing.
- Wash face covers routinely
- Do NOT touch eyes, nose, or mouth when removing a face cover
- Wash hands immediately after removing a face cover

Clean and Disinfect
- All hard surfaces that are frequently touched with bleach when possible
- Wear disposable gloves when cleaning and disinfecting surfaces. Gloves should be discarded after each cleaning
- Properly remove gloves and wash hands immediately after gloves are removed

Learn how to make your own face cover at home
Open this QR code with your smartphone camera or use the link below

Learn how to properly remove gloves
Open this QR code with your smartphone camera or use the link below

According to the CDC, you should only wear gloves...
- If you're cleaning/disinfecting,
- If you're a healthcare worker treating someone who is a suspected or confirmed COVID-19 patient