REDUCE YOUR RISK OF
Coronavirus (COVID-19)
INFECTION

Coronavirus (COVID-19) is a respiratory disease that can spread from person to person. Anyone can get it!

How do I protect myself and prevent the spread of coronavirus?

- Proper hand hygiene
  - Be aware of surfaces you touch
  - Wash hands often with soap and water or use hand sanitizer
- Wear face covering
  - Ensure face is covered at work, when grocery shopping and/or when using public transportation
- Social distancing
  - Avoid social gatherings. Stay 6 feet away from others

How do I keep my family and friends safe?

- If you live with your parents or grandparents, limit close contact by making a schedule for the use of kitchens, bathrooms, and other shared spaces
- Disinfect commonly used surfaces in the kitchen, bathroom, and other areas of the home before and after use
- Wash common household items like eating utensils, cups, plates after every use
- Designate one family member to grocery shop, fill prescriptions, and handle personal needs
- Avoid social gatherings and connect with family and friends over the telephone, video chat, or other social media platforms

What if I or someone I know develops symptoms?

If you or someone you know is showing symptoms such as cough, fever or breathing problems, don't panic! Stay at home and call your local health department to schedule a FREE test at (770)-535-5743.