

PRACTICE SOCIAL DISTANCING TO KEEP YOU AND YOUR COMMUNITY SAFE

- Keep at least a 6-foot distance between yourself and others (even people who appear to be healthy).
- Stay home as much as possible.
 - Use online services, such as online banking, grocery pick-up or delivery, and restaurant delivery services.
 - If you do need to go out, avoid going during peak hours.
- Avoid in person visits with your grandchildren. Young children can have the virus and show few or no symptoms and can pass it onto you. Skype or FaceTime with them.
- Avoid crowds of people and unnecessary gatherings.
- Avoid non-essential travel, especially cruise and air travel.
- Avoid close contact touching, like shaking hands, hugging, and high-fives.

TAKE ACTION TO PREVENT SPREAD OF VIRUSES AND STAY HEALTHY

- Wash your hands often with soap and warm water for 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Cover your nose and mouth with a tissue when you cough or sneeze, or cough/sneeze in your upper sleeve. Immediately throw away used tissues in the trash, then wash hands.
- Clean and disinfect frequently touched surfaces, such as doorknobs, handles, light switches, tables, toilets, faucets, sinks and cell phones.
- Avoid touching common surfaces in public places – elevator buttons, door handles, handrails, etc. Use elbows or knuckles to push buttons when you do not have a tissue or your sleeve to cover your hand or finger.
- Make sure others in your household, or anyone you are regularly in close contact with, follow these precautions.
- Cover your mouth and nose with a cloth face cover when you have to go out in public. Continue to keep 6 feet between yourself and others. The cloth face cover is not a substitute for social distancing

HAVE A PLAN IF YOU GET SICK

- Consult with your health care provider on any issues related to your health.
- Stay in touch with others by phone or email. You may need to ask for help from friends, family, neighbors, or community health workers if you become sick.
- Determine who can care for you if your caregiver gets sick.

HAVE SUPPLIES ON HAND

- Contact your healthcare provider to obtain extra necessary prescriptions
- Use mail-order pharmacy for routine medications
- Stock up on over-the-counter medicines and medical supplies.
- Have plenty of household items and groceries on hand

Call Nurse On Call at 1-800-848-5533 with questions.