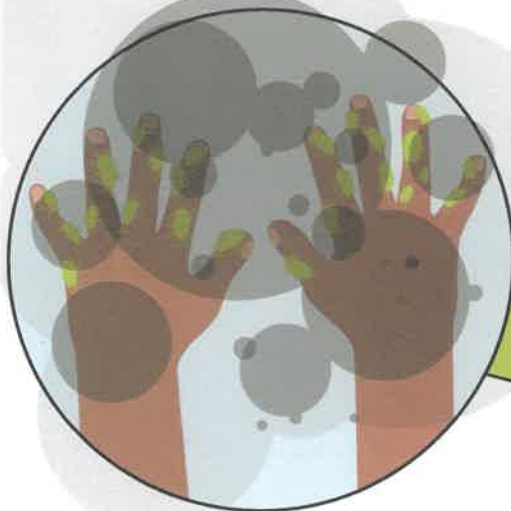


# Wash Your Hands!



Dirty!



Wet



Get Soap



Scrub



Rinse



Dry



Clean!



Centers for Disease Control and Prevention  
National Center for Emerging and Zoonotic Infectious Diseases

[www.cdc.gov/handwashing](http://www.cdc.gov/handwashing)

# CORONAVIRUS (COVID-19)

## WHEN TO SEEK CARE

Please follow the guidelines below when considering whether or not to seek medical care if you're experiencing symptoms similar to symptoms associated with COVID-19.



### STAY HOME

If you are worried, but well, **please stay in and self-quarantine.**

Going to a hospital or doctor's office when well adds a higher number of people and can overwhelm medical staff.



### CALL FOR ADVICE

If you are **sick** and think you have been **exposed** to COVID-19 **call** your health care provider or 311 to discuss your exposure.



### SEEK CARE

If you are **sick** and feel you have an **emergency**, **call** your health care provider, 911, or seek medical care.

Please **call** your provider's office or hospital **before you go**, especially if you're symptomatic.



# COUGH ETIQUETTE

HELP PREVENT THE SPREAD OF INFECTION. COVER YOUR MOUTH.



Cover your mouth and nose with a **tissue** when you cough or sneeze.



Or cover your mouth and nose using your **upper sleeve or elbow** when you cough or sneeze.



Put the used tissue in a **waste basket**.



Wash hands with **soap and water** after coughing or sneezing, and when caring for the sick.



Or clean them with an **alcohol-based rub** if soap and water are not available.

# CLEANING FOR COVID-19

COVID-19 (novel coronavirus 2019) is a respiratory illness that primarily spreads through the air and through personal contact with surfaces and infected people. COVID-19 is an enveloped virus, meaning it is easily compromised by proper cleaning and sanitizing. It is unknown how long COVID-19 can survive on surfaces, but it is recommended to clean and sanitize high contact surfaces at home, school, and the work place.



Remove visible soil and dirt from surfaces using soap and water.

Apply an EPA registered disinfectant to kill pathogens, including COVID-19. Common cleaners include:

- Clorox Disinfecting Wipes
- Lysol Brand Bleach Multi-Purpose Cleaner
- Purell Multi Surface Disinfectant



For effective sanitizing, wait the proper contact time as indicated on the product label.

