

COVID FACTS

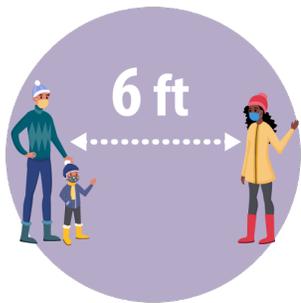
AND HOW TO HELP KEEP STPPS HEALTHY

How Does It Spread?

- The virus is thought to spread mainly from person to person.
 - Between people who are in close contact with one another (within about 6 feet).
 - Through respiratory droplets produced when an infected person coughs, sneezes, kisses, or talks.
 - Respiratory droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
 - Studies have suggested that COVID-19 can be spread by people who are not showing symptoms.

What Should Everyone Do?

- Wash your hands often with soap and water for at least 20 seconds, especially after being in a public place, or after blowing your nose, coughing, or sneezing.
- It's especially important to wash:
 - 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 caring for someone who is sick
 - After touching animals or pets
 - After working out, playing sports, or being physically active
- 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.



Cover Your Mouth and Nose with a Mask when Around Others

- You could spread COVID-19 to others even if you do not feel sick.
- The mask is meant to protect other people in case you are infected.
- Everyone should wear a mask in public settings and when around people who don't live in your household, especially when other social distancing measures are difficult to maintain.



Cover Coughs and Sneezes

- Always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow. Do not spit.
- Throw used tissues in the trash.
- Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

Clean and Disinfect

- Clean AND disinfect frequently touched surfaces daily. This includes phones, keyboards, desks, tables, doorknobs, light switches, countertops, handles, toilets, faucets, and sinks.
- If surfaces are dirty, clean them. Use detergent or soap and water before disinfection, then use a household disinfectant.



Avoid Close Contact

- Inside your home, avoid close contact with people who are sick. If possible, maintain 6 feet between the person who is sick and other household members.
- Outside your home, put 6 feet of distance between yourself and people who don't live in your home.

Monitor Your Health Daily

- Be alert for symptoms. Watch for fever, cough, shortness of breath, or other signs of COVID-19.
- Take your temperature if symptoms develop.

Sources: Centers for Disease Control and Prevention (CDC), National Center for Immunization and Respiratory Diseases (NCIRD), Division of Viral Diseases