

How You Can Protect Others



Wear a multi-layer face covering over your nose and mouth and secure it under your chin. Viruses appear to reside in high numbers in our nasal passages.



Wash hand frequently with soap and water rubbing hands together for at least 20 seconds and/or use alcohol-based sanitizers. Wash hands when coming in from outside visits.

Avoid the three “C”s:
closed, crowded or involve close contact.



- Meet people outdoors. If indoors, bring fresh air in by opening doors and windows.
- Avoid crowds, gatherings of any size, especially if people are talking, singing or shouting.
- Physically distance yourself as much as possible from others, especially if they are ill.



Use cough and sneeze etiquette. Cover these with a tissue and discard into a sealed bag. Use the inside fold of your elbow to limit the spread of viruses and bacteria if you have no tissue.



Clean and disinfect frequently touched objects and surfaces.