

# Best practices from the CDC to help stay safe from the coronavirus



## SYMPTOMS



FEVER OR FEELING  
FEVERISH/CHILLS



COUGH



SHORTNESS  
OF BREATH

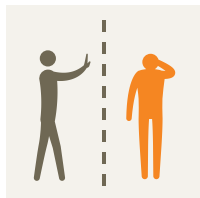
## HOW IT SPREADS

- CLOSE CONTACT WITH PEOPLE WHO ARE SICK
- SYMPTOMS CAN SHOW UP 2-14 DAYS AFTER EXPOSURE
- THERE IS CURRENTLY NO VACCINE AVAILABLE

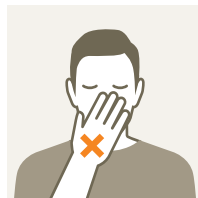
## PREVENTION



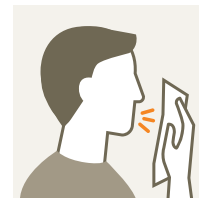
Best: wash hands with soap and water for at least 20 seconds.  
Alternative: hand sanitizer with at least 60% ethyl alcohol



Avoid contact with sick people



Don't touch eyes, nose or mouth with unwashed hands

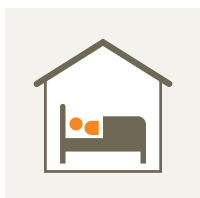


Cover your nose and mouth when coughing or sneezing

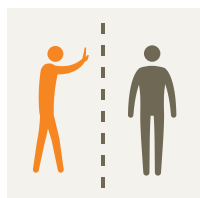


Keep objects and "high-touch" surfaces clean: counters, doorknobs, computer, phone, bathroom

## IF YOU ARE SICK



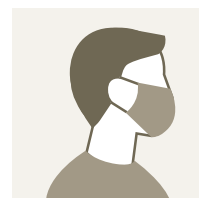
Stay at home.



Avoid contact with others, except to seek medical care



Keep objects and "high-touch" surfaces clean: counters, doorknobs, computer, phone, bathroom



Wear a mask to cover your coughs and sneezes



Best: wash hands with soap and water for at least 20 seconds.  
Alternative: hand sanitizer with at least 60% ethyl alcohol

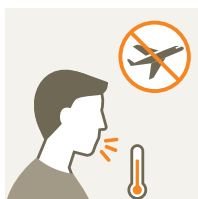
## TRAVEL ADVICE



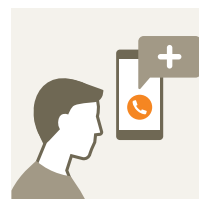
Make sure you have all the necessary vaccines and travel medication



Seek advice from your healthcare provider prior to travel



Don't travel if you have a fever and cough



If you become sick while traveling, seek medical care immediately



Scan here for more information from the CDC website.

\* Choice Hotels does not provide legal advice to franchisees, and franchisees should consult their own legal counsel. The information contained herein is intended for franchisees to consider in the operation of their hotel.