

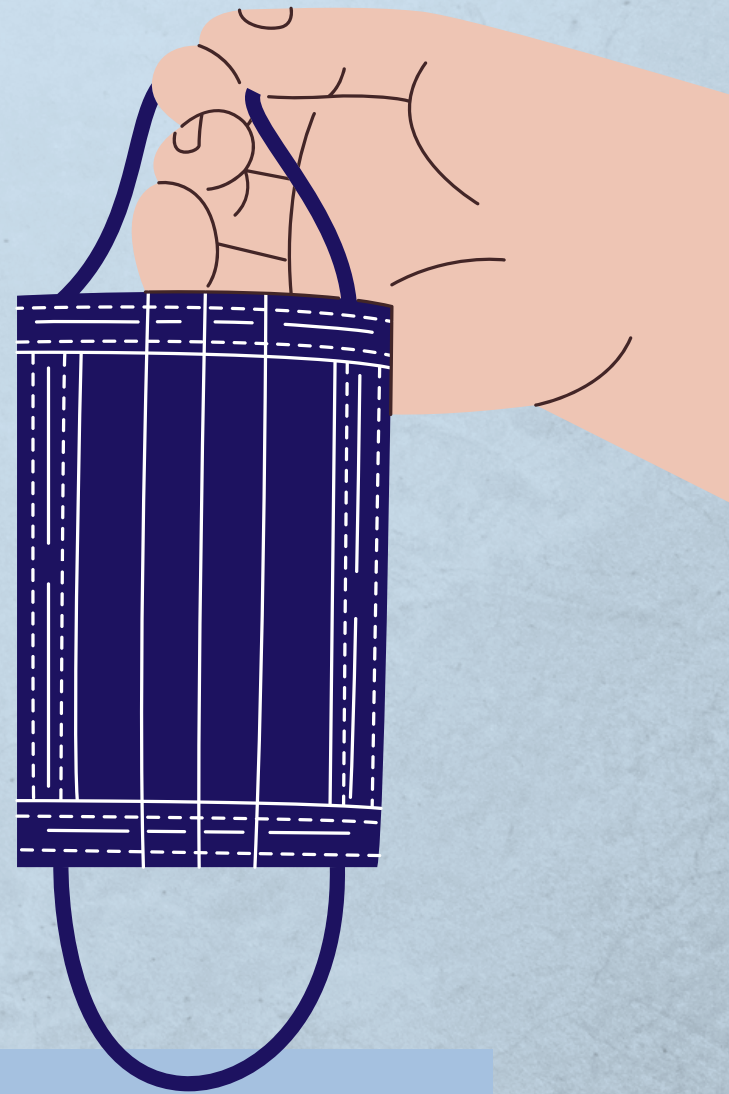
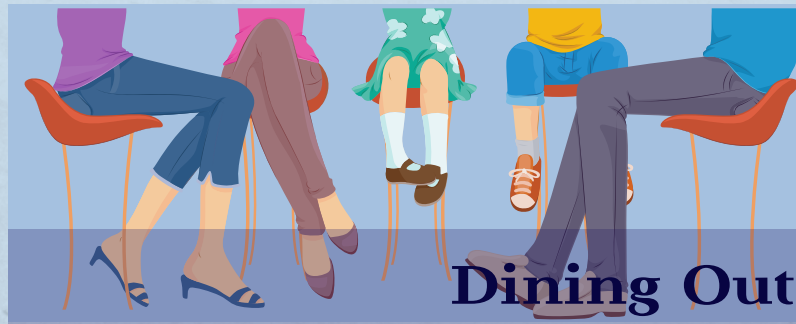


A Guide for
When
How
&
Why



Along with tips to stay healthy, how to discuss COVID with your kids, proper sanitization techniques, returning to the workplace, and much more!

WHEN?



Please wear a mask to keep you and others safe.

As of June 20th, it is mandatory to wear a mask in public areas in Flagstaff, including inside of businesses & restaurants.

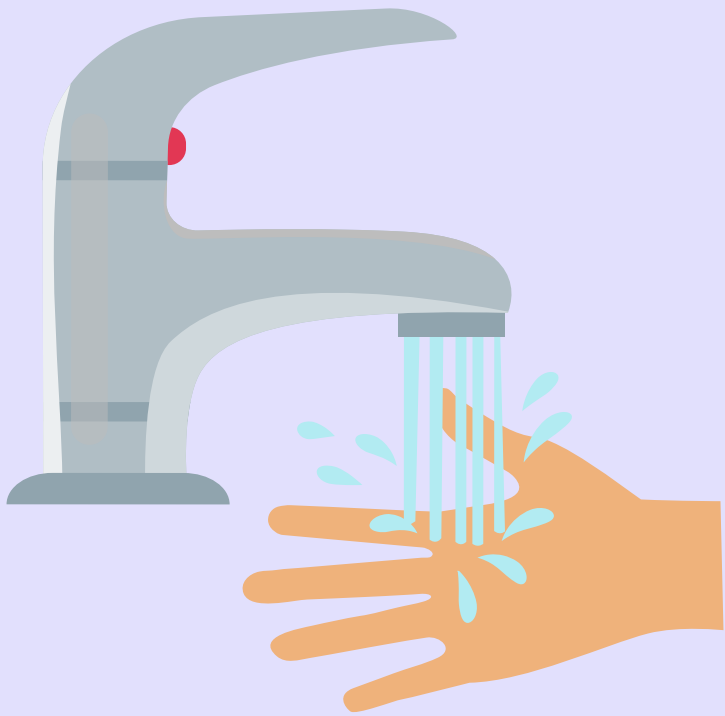
The proclamation contains exceptions for those who might not be able to wear a mask, due to health, or religious reasons, are eating or are still socially distant from others.

In businesses, the employees will enforce the mask requirement, per the proclamation. Failing to wear a mask will be a misdemeanor.

Masks are effective only when used in combination with frequent hand-cleaning with alcohol-based hand rub or soap and water.

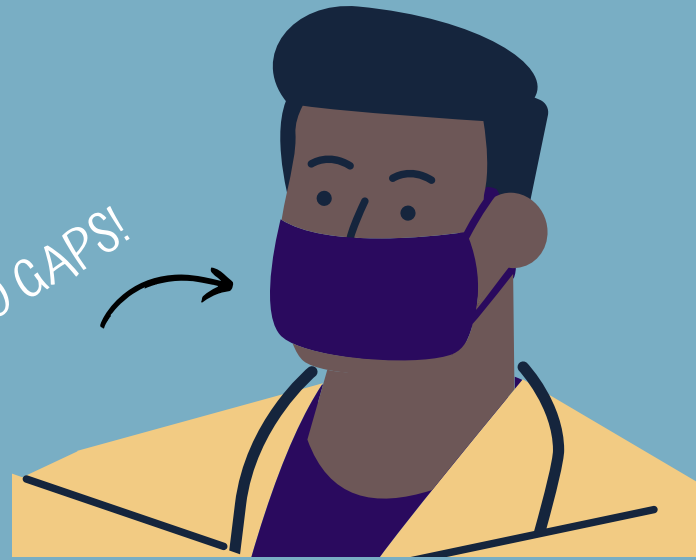


HOW?

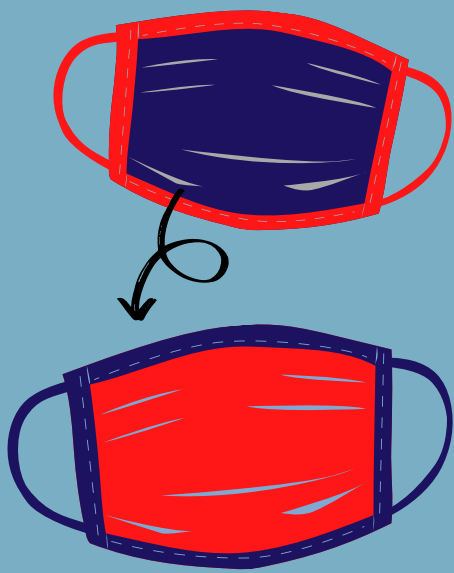


Before putting on a mask, clean hands with alcohol-based hand rub or soap and water.

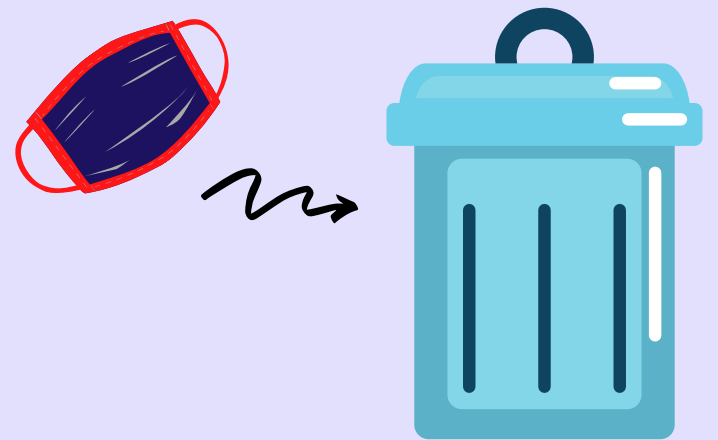
NO GAPS!



Cover mouth and nose with mask and make sure there are no gaps between your face and the mask.



Replace the mask with a new one as soon as it is damp and do not re-use single-use masks.



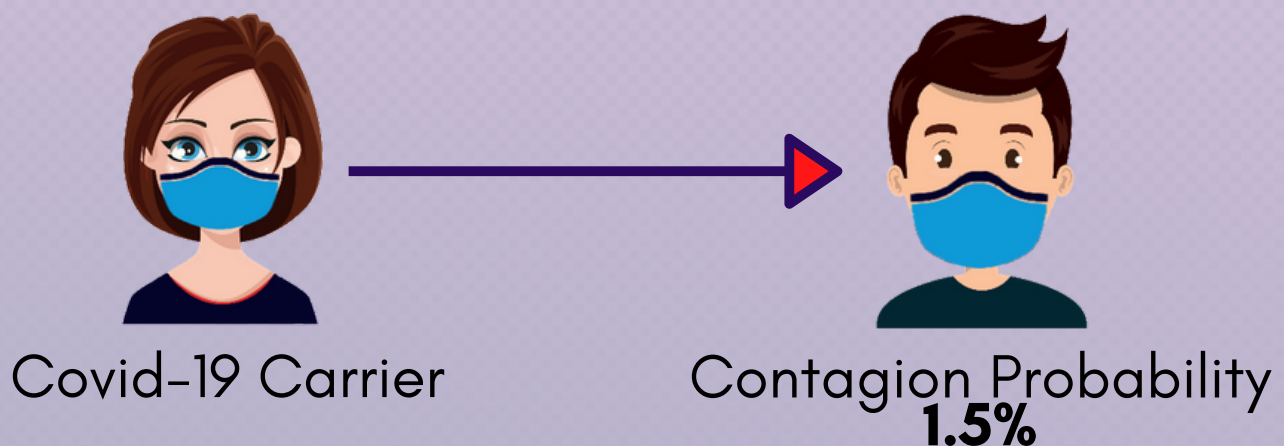
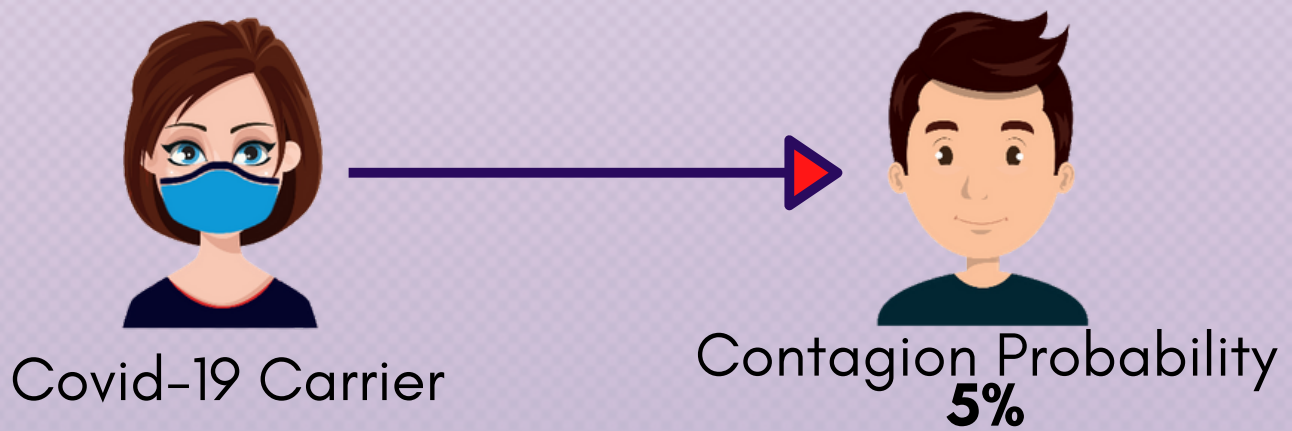
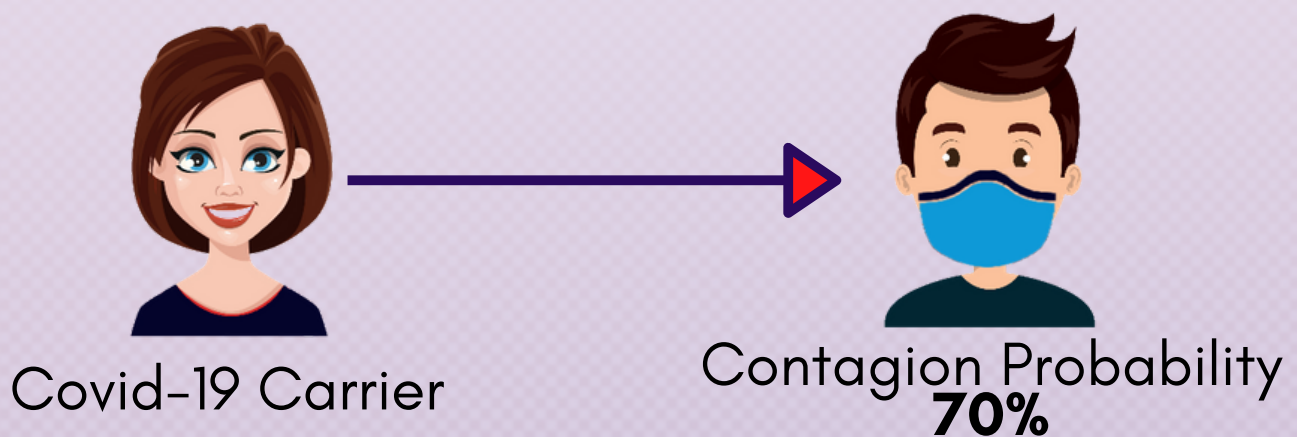
To remove the mask: remove it from behind (do not touch the front of the mask); discard immediately in a closed bin; clean hands with alcohol-based hand rub or soap and water.

Source: World Health Organization

WHY?

A proclamation requiring masks to be worn in Flagstaff was signed on June 18 by Flagstaff Mayor Coral Evans. The mandate went into effect on June 20 at 8 p.m. and will be in effect until further notice.

Those not in compliance with the proclamation will first be warned. Continued failure to comply is a misdemeanor.



CORONAVIRUS (COVID-19)

Workplace Tips for Employees



Stay home if you are sick

Stay home from work, even with minor symptoms such as cough, headache, and mild fever, until you recover. Have someone bring you supplies.



Wash your hands

Washing your hands often for 20 seconds will help protect you from germs and others from the spread of germs to your coworkers.



Avoid touching your face

Germs often spread when a person touches something that is contaminated with germs and then touches their eyes, nose, or mouth.



Sanitize your area

Increase your cleaning and be thorough, using a disinfectant on frequently touched objects in the office.



Wear a mask

Facemasks are proven to reduce the spread of the virus. Wear a mask when interacting with coworkers or customers when you cannot social distance.

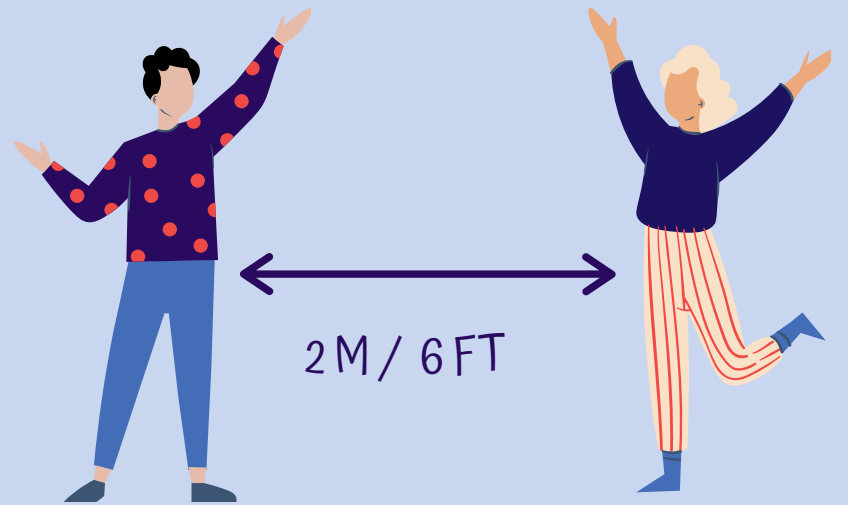


STOP THE SPREAD



WASH YOUR HANDS FREQUENTLY

Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.



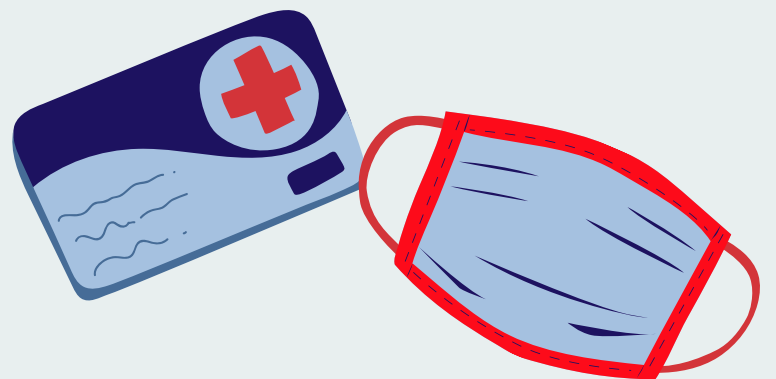
MAINTAIN PHYSICAL DISTANCING

Maintain at least 2 meters (6 feet) distance between yourself and anyone who is coughing or sneezing.



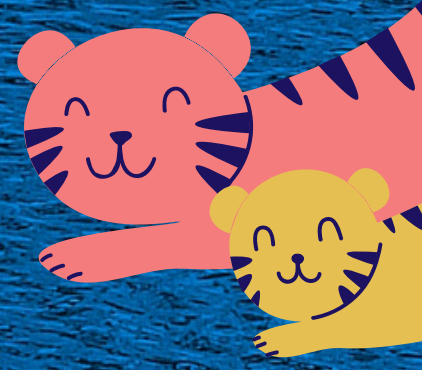
AVOID TOUCHING EYES, NOSE AND MOUTH

Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth.



IF YOU HAVE A FEVER, COUGH AND DIFFICULTY BREATHING, SEEK MEDICAL CARE EARLY

Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance.



#StopTheSpread

Talking to your kids about the

Coronavirus

Sources:

www.who.int

www.cdc.gov

Don't be afraid to talk about the coronavirus.

Most children would have heard about the virus or seen people wearing masks. This is your opportunity to keep them informed and set the tone.

Be developmentally appropriate.

Try answering their questions instead of volunteering too much information as this might be overwhelming.

Let them talk about their worries.

Be open and invite them to discuss what they may have heard and how they feel.

Focus on what they can do to keep safe.

Help your kids feel empowered by teaching them what they can do to keep safe. Show them how to wash their hands or how to sneeze properly.

Stick to Routine.

School might have been shut down so it's up to you to keep your kid's day structured. Create and stick to schedules for mealtime, study and play.

Manage your own anxiety.

When you notice yourself feeling anxious, take time to calm down before trying to have a conversation or answering your child's questions.



Procedures for Self-Quarantine under Covid-19

Self-quarantine is recommended for individuals who have been directly exposed to the new Coronavirus or have a history of travel in infected or heavily populated areas.

Stay at home.

Limit all your non-essential travels.

Unless you're going out for food, medicines or other essentials.



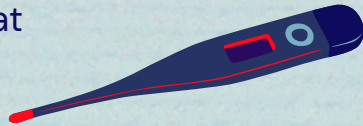
Wash your hands.

Practice good hand hygiene by washing your hands with soap and water or using alcohol or hand sanitizer.



Check your temperature.

Check your temperature at least two times a day.



Watch for other symptoms.

Aside from fever, Covid-19 symptoms include cough, difficulty breathing, and fatigue.



Stay in a specific room.

If you're sick or suspect yourself to be sick, it's best to stay in a designated room or area away from others.

If possible, have a designated toilet and bathroom as well.



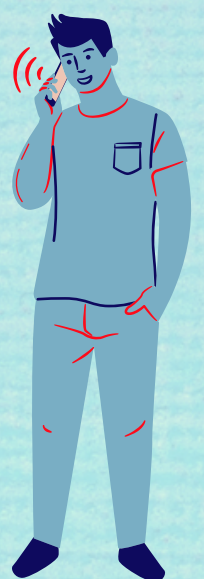
Practice social distancing.

If you need to go out, maintain at least 2 meters (6 feet) distance from others.



Call your doctor or hospital before visiting.

If you need to seek medical attention whether for viral symptoms or other medical care reasons, contact your doctor or hospital ahead of time so they can prepare and take precautions for your arrival.



Social Distancing 101

Stay away from mass gatherings.

Keep a distance of 6 feet – about one body length – away from other people.

Avoid touching other people, and that includes handshakes.

Physical distancing slows down the spread of the coronavirus, which keeps our resources available to those in need.



Summary

- Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.
- Maintain at least 6 feet distance between yourself and others. Why? When someone coughs, sneezes, or speaks they spray small liquid droplets from their nose or mouth which may contain the virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person has the disease.
- Avoid going to crowded places. When people come together in crowds, you are more likely to come into close contact with someone that has COVID-19.
- Avoid touching your eyes, nose, and mouth
- Make sure you, and the people around you, follow good hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately and wash your hands.
- Stay home and self-isolate even with minor symptoms such as cough, headache, mild fever, until you recover. Have someone bring you supplies. If you need to leave your house, wear a mask to avoid infecting others.
- If you have a fever, cough, and difficulty breathing, seek medical attention, but call by telephone in advance if possible and follow the directions of your local health authority.

It's up to us to stop the spread of the Coronavirus. If we all work together, follow the guidelines, wear a mask, and practice social distancing, we can return to our normal lives, and businesses can reopen. Let's work together to beat this virus and resume enjoying everything our beautiful mountain town has to offer.



For a list of operating businesses, please visit [FlagstaffOpen.com](https://www.FlagstaffOpen.com)

-Ashley Todd