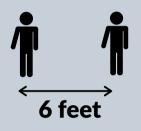
#### CORONAVIRUS BEST PRACTICES OLDER ADULTS AT HIGHER RISK FOR COVID-19 #STOP THE SPREAD



# Wash Your Hands Often

- Wash your hands often with soap and water for at least 20 seconds.
- Use a hand sanitizer that contains at least 60% alcohol.
- Avoid touching your eyes, nose and mouth with unwashed hands.



## **Avoid Close Contact**

- Stay home as much as possible.
- Put distance between yourself and other people. 6 feet is recommended.
- Remember that some people without symptoms may be able to spread virus.



### **Face Covering**

- Cover your mouth and nose with a cloth face cover when around others.
- Everyone should wear a cloth face cover when they have to go out in public, for example to the grocery store or to pick up other necessities.



### **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.
- Throw used tissues in the trash.



#### **Clean and Disinfect**

• Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets and sinks.



Information from Centers for Disease Control and Prevention. Visit: www.cdc.gov