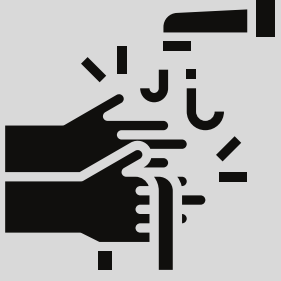


CORONAVIRUS BEST PRACTICES

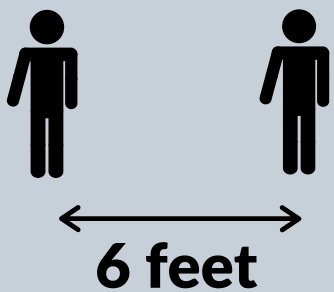
OLDER ADULTS AT HIGHER RISK FOR COVID-19

#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.