



CORONAVIRUS (COVID-19) DECISIONS:

How To Protect Yourself and Others

Leaving the house during a pandemic requires new behaviors and the use of personal protection equipment (PPE). Everyone must help reduce the spread of disease.

STEP 1: Know how the disease spreads, because not everyone with COVID-19 has symptoms.

- A)** Inhaling contaminated droplets from talking, singing, sneezing and coughing.
- B)** Touching surfaces made dirty by those same droplets then touching your face.
- C)** How long you spend with people, the number of people you are with, and how small the space you are in each put you at greater risk of sharing or getting the disease.

STEP 2: Make the healthiest decisions possible by assuming you are contagious.

STEP 3: Choose a PPE mask that offers you the highest level of protection based on your health and your contact with the public.

- A)** Cloth masks are washable, work for most healthy people, and are used whenever you leave home, covering your nose, mouth, and chin.
- B)** Surgical masks offer additional protection, are disposable, and sometimes reusable based on wear.
- C)** KN95 and N95 masks offer a higher level of protection for those most at risk.

STEP 4: Always practice good hand washing, which means washing with soap and water for more than 20 seconds or using a hand sanitizer. Only touch your face or mouth with clean hands.

STEP 5: Always practice social distancing, keeping 6 feet between you and others when possible and avoid small, closed spaces.

Use the diagram below to help you protect yourself and others in public.



MY CONTACT WITH THE PUBLIC TODAY IS BEST DESCRIBED AS:

		Low exposure to people; Easy to be socially distant	Moderate exposure to people; I will be within 6 feet of people	High contact; Lengthy exposure to a large number of people all day
MY CURRENT HEALTH IS BEST DESCRIBED AS:	Adults 50+; Weakened immune system; Unhealthy; At risk	Wear a cloth or surgical mask at all times; Practice good hand washing	Minimize these situations; Consider a more protective mask; Practice good hand washing; Wash surfaces frequently	Avoid these situations; Wear a more protective mask; Practice good hand washing; Wash surfaces after each contact with a person
	Average health, I assume I am contagious	Wear a cloth or surgical mask when you leave your home; Practice good hand washing	Wear a cloth or surgical mask at all times; Practice good hand washing	Minimize these situations; Consider a more protective mask; Practice good hand washing; Wash surfaces frequently

Please follow any additional standards recommended by your local community and places of business. Guidelines are intended for the general public. Health care workers will have their own protocols to follow.