



COVID-19

RESPONSE

Help protect yourself and others

COUGH AND SNEEZE ETIQUETTE

Cover your mouth and nose with a disposable tissue when you cough or sneeze



Don't sneeze into your hands

Sneeze into the inside of your elbow if you don't have a tissue



Throw used tissues in the trash right away



Wash your hands or use hand sanitizer after coughing, sneezing or blowing your nose





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HAND HYGIENE

Wash your hands often to help stop the spread of disease

Wet your hands using clean water and soap



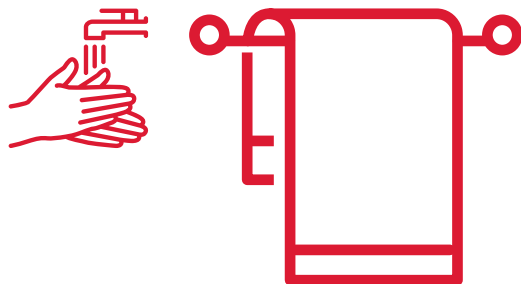
Lather your hands using the soap

Scrub for at least 20 seconds



Rinse with clean water

Dry your hands



If soap and water are not available, use a **hand sanitizer that contains at least 60% alcohol**





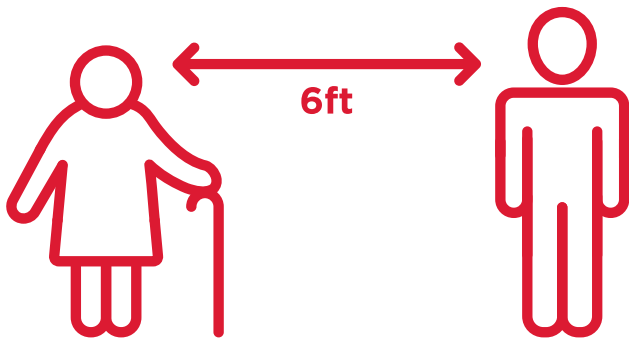
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SLOW THE SPREAD OF COVID-19

Help protect yourself and others by **avoiding close contact**, especially with people who are sick



Avoid touching your eyes, nose, and mouth



Cough or sneeze into a disposable tissue, or the inside of your elbow



Wash your hands often with soap and water for at least 20 seconds





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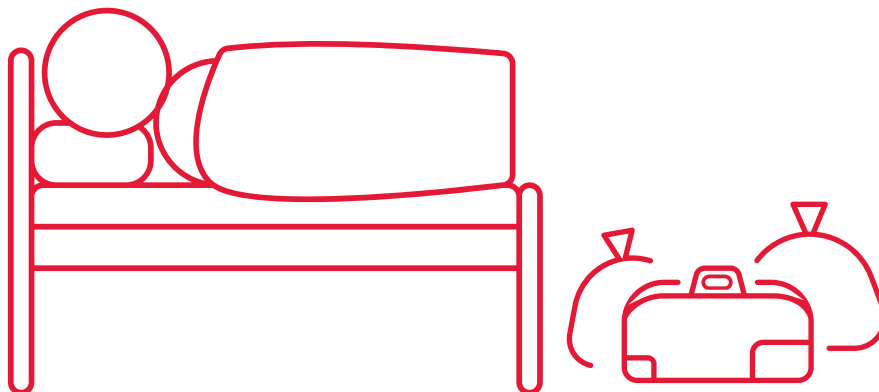
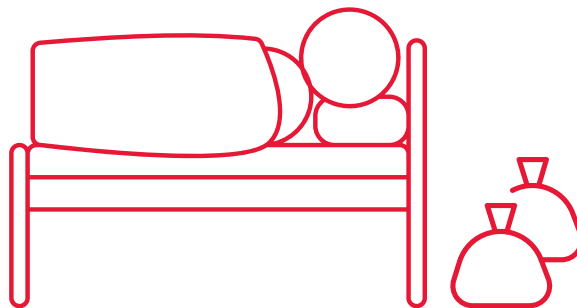
SLEEPING ARRANGEMENTS

Provide **plenty of space between beds**

Assign people to the same bed

Place beds head to toe

Provide bags or bins for the storage of personal items





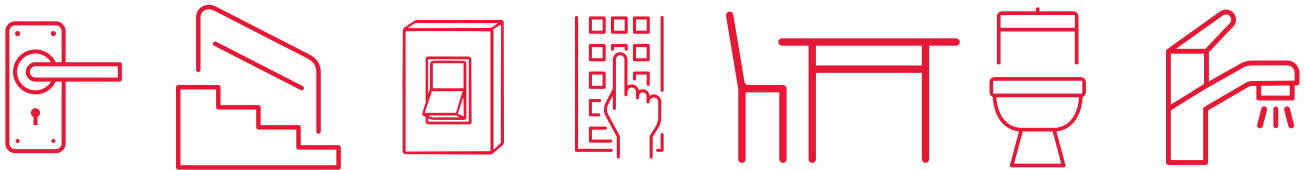
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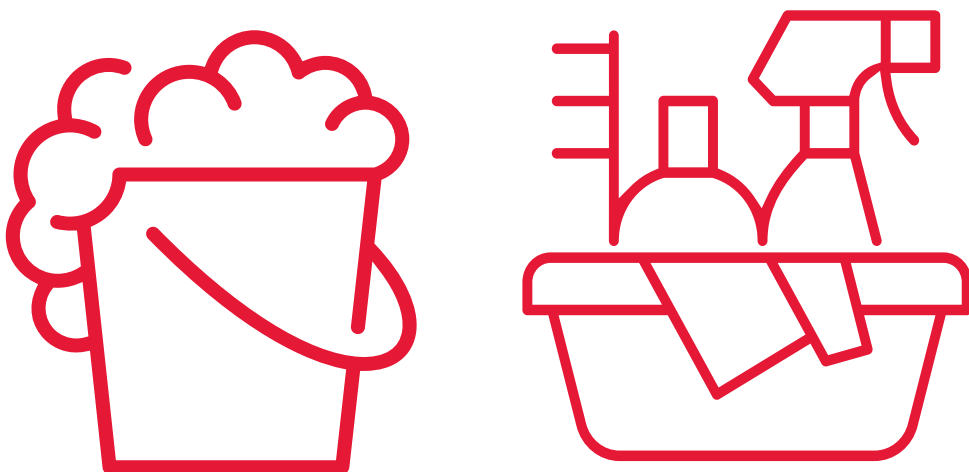
CLEANING AND DISINFECTING

Clean and disinfect **high-touch surfaces and objects**. This includes **doorknobs, handrails, light switches, elevator buttons, tables, toilets and sinks**



First, clean surface dirt off of objects using soap and water

Then, use a household disinfectant, following the manufacturer's instructions





Do you have

Questions

about Coronavirus (COVID-19)?

Call Our Free 24/7
NURSE CALL LINE
1-888-713-0711

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