Preventative Tips on stopping the Spread of the Coronavirus (COVID-19)

NOVEL CORONAVIRUS (COVID-19)
COVID-19 virus is spread mainly from person-to-person between people who are in close contact with one another (within 6 ft.) and through respiratory droplets produced when an infected person coughs or sneezes.

WEAR A FACEMASK or cloth face covering when going out in public.

PHYSICAL DISTANCING this means avoiding crowded places and maintaining six feet from others when out in public.

WASH YOUR HANDS often and thoroughly with soap and water for at least 20 seconds. Use alcohol-based hand sanitizer if soap and water are not available.

AVOID TOUCHING your eyes, nose, and mouth with unwashed hands.

COVER YOUR COUGHS & SNEEZES with a tissue or cough or sneeze in your sleeve.

AVOID BEING IN ANY SETTING with more than ten people.

CLEAN ALL SURFACES such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, & bedside tables daily.

MONITOR YOUR SYMPTOMS if you have a cough, fever and are having trouble breathing, please contact your health care provider and take steps to keep other people from getting infected.

STAY HOME when you are sick or if a household member has tested positive for COVID-19 (Except to get essential medical care, prescriptions, and food).

*Sources: Johns Hopkins Center for American Indian Health, The Centers for Disease Control and Prevention, and Maricopa County Public Health Office*