# Prevent the spread of COVid-19

- ✓ **If you or your children feel sick**, stay home. Contact your medical provider.

- ✓ **If someone in your household has tested positive for coronavirus**, keep the entire household at home.

- ✓ **Wash your hands** frequently, and for at least 20 seconds.

- ✓ **Avoid touching your eyes, nose, and mouth.**

- ✓ **If you are older,** stay home and away from others.

- ✓ **Sneeze or cough into a tissue, or the inside of your elbow.**

- ✓ **If you have an underlining health condition** that can put you at increased risk (for ex. respiratory, pulmonary, heart conditions, or weak immune system) stay home and away from others.

- ✓ **Disinfect** frequently used items and surfaces as much as possible

- ✓ **Avoid social gatherings** in groups of more than 10 people.

- ✓ **Hydrate, rest, stay active and practice good nutrition habits.**

- ✓ **Brush and floss your teeth, use mouthwash,** wash your hands.
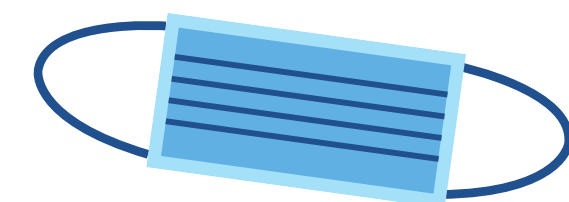
Sources: U.S. President, CDC, & coronavirus.gov

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