

COVID-19: BEST PRACTICES POST-QUARANTINE

Follow these tips for staying well
and warding off another shutdown:

1. Maintain Adequate Social Distancing



CDC: 6 Feet Apart



2. Use a Face Covering*

- *Do not use if you have difficulty breathing
- *Do not use on children under age 2



3. Wash Your Hands Often

- Use soap and water for at least 20 seconds
- Use hand sanitizer with at least 60% alcohol content



4. Avoid Touching Your Face and Other People



5. Always Cover Your Coughs and Sneezes

- Use tissue or your elbow
- Wash your hands after coughing or sneezing



Widespread COVID-19 quarantine may be over, but make no mistake: We are still in a pandemic. Cases are waning in some areas, but surging in others, and if we don't keep doing our part to stop the spread and stay safe, we could end up back behind closed doors.

With all 50 states moving toward reopening businesses and getting back to normal — or at least establishing a new normal — it means that we should think differently about the precautions we take, especially for people with underlying or chronic health conditions who are more vulnerable to infection and more likely to develop severe disease if infected.

6. Clean and Disinfect High-Touch Surfaces



7. Monitor Your Health. If You Feel Sick, Stay Home and Call Your Clinician.

- A fever, cough, or shortness of breath could be symptoms of COVID-19



8. Avoid Those Who You Know Have COVID-19

- Limit contact, use face coverings and gloves
- Set up “sick room” or area to help contain the virus



9. Take Action: Hope for the Best, but Plan for the Worst

- Have a 30-day supply of your medications
- Have plenty of non-perishable food, hygiene, baby, and pet items on hand

