

Safe Practices During the COVID-19 Pandemic

Wearing a face mask



- Cover your nose, mouth, and chin to make a tight seal around your face with a face mask when in public and when around people who do not live in your household
- Avoid touching the mask with your hands
- Wash cloth masks after use, or dispose of used masks safely

Handwashing

- Wash your hands frequently during the day for at least 20 seconds (sing the “Happy Birthday” song twice)
- If soap and water are not available, you may clean the entire surface of your hands with hand sanitizer that contains at least 60% alcohol
- Avoid touching your eyes, nose, and mouth

Social distancing

- Stay at least 6 feet (2 arms’ lengths) away from other people in public in both indoor and outdoor spaces. A mask must be worn in addition to social distancing



Contact your healthcare provider if:

- You develop a fever, cough, and/or shortness of breath, loss of taste or smell
- You have been exposed to someone who has tested positive for COVID-19

Additional suggestions

- Remain active by walking or riding a bike for at least 30 to 60 minutes a day. Avoid activities that require close contact or sharing equipment with others
- Practice meditation to relieve stress
- Get adequate sleep
- Consult your family physician regarding flu and COVID-19 vaccination or visit www.vaccinefinder.org for locations

