

CoronaVirus (COVID-19)

What You Should Do



HEALTHY, NO SYMPTOMS

PRACTICE SOCIAL
DISTANCING

AVOID CROWDS, INCREASE
SPACE BETWEEN YOU AND
OTHERS

FOLLOW CDC GUIDANCE
ON HOW TO PROTECT
YOURSELF

WASH HANDS, DON'T
TOUCH YOUR FACE, STAY
AWAY FROM PEOPLE WHO
ARE SICK

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EXPOSED

PRACTICE SELF
QUARANTINE AND SELF
MONITORING

STAY HOME FOR 14 DAYS
FROM DATE OF LAST
EXPOSURE

DO NOT SHARE TOWELS,
EATING UTENSILS, WITH ILL
HOUSEHOLD MEMBERS

FOLLOW CDC CLEANING
GUIDELINES

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EXPERIENCING SYMPTOMS

SELF ISOLATE

STAY HOME
DO NOT GO TO WORK,
SCHOOL, PUBLIC PLACES,
AVOID COMMON AREAS WITH
HOUSEHOLD MEMBERS

MONITOR YOUR
SYMPTOMS: FEVER,
COUGH, SHORTNESS OF
BREATH

CALL YOUR DOCTOR

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