

CORONAVIRUS OUTBREAK



COVID-19 Precautions and Awareness

PREVENT THE SPREAD

Think positive. Our probability of being exposed and positive is high — do your part to protect your family, coworkers and community.

- [Continue self-screening](#)
- [Follow CDC guidance on caring for household members who are symptomatic](#)
- Stay 6 feet from others in the household
- Restrict visitors who do not have be in the home
- Make sure that shared spaces in the home have good air flow, such as by an air conditioner or an opened window, weather permitting
- Wash your hands often with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Don't share household items (dishes, glasses, cups, towels, bedding, etc.)
- Clean surfaces, such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets and bedside tables, every day
- Use a household cleaning spray or wipe, according to the label instructions
- Do laundry using a normal laundry detergent according to washing machine instructions and dry thoroughly using the warmest temperatures recommended on the clothing label