

DOCTORS FOR HEALTHY COMMUNITIES

COVID-19 PREVENTION

SIMPLE STEPS WITH HUGE IMPACT



WASH YOUR HANDS

SOAP AND WATER CAN SAVE LIVES

The Center for Disease Control recommends washing your hands for at least 20 seconds several times per day to better control the spread of germs.

THROW AWAY CONTAMINATION

COUGH OR SNEEZE INTO A TISSUE, THEN TOSS IT

All potentially contaminated disposable items should be discarded as soon as possible. Also, avoid touching your eyes, nose and mouth whenever possible,



UNDERSTAND THE SYMPTOMS

SYMPTOMS CAN OCCUR 2-14 DAYS AFTER EXPOSURE

Be on the lookout for fever, severe cough and difficulty breathing. These are the first signs of COVID-19. More serious cases may lead to impaired liver and kidney function, kidney failure and pneumonia.

KNOW WHO IS AT RISK

SICK INDIVIDUALS WHO RECENTLY TRAVELED TO A FOREIGN COUNTRY MAY NEED EXTRA ATTENTION

Elderly persons and those with immunodeficiencies have proven to be the most at risk. The vast majority of cases reported have been found in adults 30 or older.



PROMOTE GOOD PRACTICES FOR YOUR LONG TERM CARE FACILITY

ADHERE TO POLICIES WHICH PROMOTE CAUTION & COMMUNICATION



Address symptoms of respiratory infection immediately,
Monitor residents and employees for signs,,
Ensure sick leave policies allow employees to stay home,
Support the proper use and availability of personal protective
equipment such as face masks, gloves and gowns.

Together, we can maintain the safety of ourselves and
our patients.

TO LEARN MORE, VISIT
WWW.CDC.GOV/CORONAVIRUS