CORONAVIRUS: PREVENTION IS KEY

A respiratory illness with symptoms such as:
- Fever
- Headaches
- Fatigue
- Cough
- Blood clots
- Stroke
- New loss of smell or taste
- Muscle/body aches
- Difficulty breathing

Transmits directly & indirectly

If you feel off, stand up and speak out for yourself

Symptoms or no symptoms-COVID-19 can cause hospitalization or death

Medical conditions, like asthma or obesity, can increase your risk of death from COVID-19

Hand washing kills the virus when done right

Sing happy birthday song twice

Wash with soap for 25 seconds

Make sure to wash under jewelry, watches & fingernails

Use a toothbrush you dedicate for this task

Defend yourself

Avoid touching your face

Viruses enter our bodies through our eyes, nose & mouth

Keep surfaces clean

COVID-19 can live on surfaces like cardboard, plastic & metal for 3 days

Wipe down

Phones

Medical equipment

Take out containers

COVID-19 can live on buttons & zippers

Face masks can help stop the spread of droplets from coughs and sneezes

Still use sneeze & cough etiquette when wearing a mask

HCSEF
Health Council of Southeast Florida

Lake Okeechobee
Rural Health Network, Inc.

Palm Beach County Community Services
Helping People Build Better Communities
Wearing face masks during COVID-19

Wearing a face mask can help stop the virus from spreading.

**Putting it on**
- Wash your hands before putting on a clean mask.

**Taking it off**
- Remove by the ear straps only, ear to ear.

**Washing it**
- Cloth masks can be put in the washing machine or wash them by hand and hang to dry.
- If you have sensitive skin, use detergent that is fragrance free.

**Your to-do list**
- Social distancing
- Frequent hand washing/sanitizing
- Avoid touching your face
- Always have a face mask in public places
- Cough/sneeze into your elbow (even when wearing a mask)

**Symptoms or no symptoms—Covid-19 can cause hospitalization or death**

**Try not to use your phone—it can contaminate your mask, as well as your hands**

**Wearing a mask can cause a rash. If that happens, decrease the times you need to wear one**

**If you have anxiety, breathing issues or feel restricted, take your mask off**

**Kids under 2 don’t need masks**

**Taking it off in public**
- Don’t sit it down just anywhere, store it in a clean paper bag.

**Inside—side that touches your face**

**Outside—side that people see**

**Write “outside” onto one side of the interior of the bag**

**Use a fresh bag every day**

HCSEF
Health Council of Southeast Florida

Lake Okeechobee Rural Health Network, Inc.