COMMUNITY LIVING IN THE ERA OF COVID-19

PREVENTION IS BETTER THAN TREATMENT!

- Wear a mask in elevators, laundry rooms and other shared spaces. COVID-19 can spread between people who are talking, coughing and sneezing. Masks reduce the amount of droplets in the air.

- Ask the building manager:
  - How do they keep track and alert residents of COVID cases in the building?
  - What is being done to ensure proper ventilation and safety in hallways and stairways?
  - Does our building follow maintenance guidelines as advised by the Environmental Protection Agency?

- Have visitors wash their hands when they arrive and remind them to clean them again when getting into their car.

- Wash your hands immediately after you get home.

- Wipe it down. Elevator buttons, doorknobs, keypads, packages, mailboxes and washers & dryers can be contaminated with viruses.

- Try to enter & exit the building when traffic is light.
LEAVING THE HOUSE DURING CORONAVIRUS

STAYING HOME & LIMITING SOCIAL INTERACTIONS CAN HELP PREVENT COVID-19 FROM SPREADING...BUT WHEN YOU HAVE TO GO OUT

BE SMAR

WHILE YOU ARE OUT

AVOID TOUCHING THINGS YOU DON'T HAVE TO EVERYTHING YOU TOUCH OR OTHERS TOUCH MIGHT BE CONTAMINATED WITH COVID-19

USE DISINFECTANT SPRAY TO WIPE DOWN CAR DOOR HANDLES, CARDS IN YOUR WALLET & KEY PADS

BEFORE YOU LEAVE HOME

FACE MASKS CAN HELP STOP THE SPREAD OF DROPLETS FROM COUGHS AND SNEEZES

ALWAYS WASH OR SANITIZE YOUR HANDS BEFORE & AFTER USING A MASK

CARRY HAND SANITIZER FOR WHEN YOU CAN'T GET TO A SINK TO WASH YOUR HANDS

BRING A BROWN PAPER BAG TO STORE YOUR MASK IN IF YOU NEED TO REMOVE IT WHILE YOU ARE OUT

SOME PLACES WILL REQUIRE YOU TO WEAR ONE

WHEN YOU GET HOME

LEAVE YOUR SHOES AT THE DOOR

CLOTHES YOU WORE OUTSIDE SHOULD BE WASHED

WASH YOUR HANDS

YOUR REUSABLE FACE MASK CAN BE WASHED BY HAND AND HUNG TO DRY

ITEMS YOU BRING INTO YOUR HOME SHOULD BE CLEANED AND SO SHOULD SURFACES THEY TOUCH

SYMPTOMS OR NO SYMPTOMS- COVID-19 CAN CAUSE HOSPITALIZATION OR DEATH