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

KEEP UP WITH YOUR MEDICAL APPOINTMENTS & MEDICATIONS

MEDICAL CONDITIONS, LIKE ASTHMA OR OBESITY, CAN INCREASE YOUR RISK OF DEATH FROM COVID-19

HAND WASHING KILLS THE VIRUS WHEN DONE RIGHT

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

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

STILL USE SNEEZE & COUGH ETIQUETTE WHEN WEARING A MASK

HAND WASHING KILLS THE VIRUS WHEN DONE RIGHT

WASH WITH SOAP FOR 25 SECONDS

MAKE SURE TO WASH UNDER JEWELRY, WATCHES & FINGERNAILS

SING HAPPY BIRTHDAY SONG TWICE

USE A TOOTHBRUSH YOU DEDICATE FOR THIS TASK

HCSEF
Health Council of Southeast Florida

Palm Beach County Community Services
Helping People Build Better Communities

Lake Okeechobee Rural Health Network, Inc.

SeeYourWorlds.com
MANAGING HOME LIFE WITH FLU & COVID-19 VIRUS

Even if you don’t know for sure if you or someone in your home has the flu or COVID-19...

Assume you do until test results come back

Call your doctor’s office or the county health department about getting tested

Track your symptoms: temperature × 2 a day and note symptoms

Prevent spreading the virus

Hand hygiene
Everyone in the home should wash their hands often & correctly.
Avoid touching your face

Fresh air
Outside air helps reduce the concentration of contaminated droplets in the air.
Open windows to allow fresh air in.
Spend time outside.
Use exhaust systems

Masks
Consider masks for everyone in the home, not just the sick person. Masks should cover both your mouth & nose.

Always cough or sneeze into your elbow, even when wearing a mask.
Dedicate a lined trash can for the sick person to use.

Limit contact
Try to minimize your contact with others. Stay 6 feet away from people.

Limit shared spaces & items
Try to not share a bedroom or bathroom with someone who is sick. Avoid sharing personal items as much as possible.

Wipe down surfaces daily
If hands touch it... clean it

Post sickness
Do a thorough cleaning of the sick room and any shared spaces.
Clean • Vacuum • Laundry

Bedding • Pajamas • Towels

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