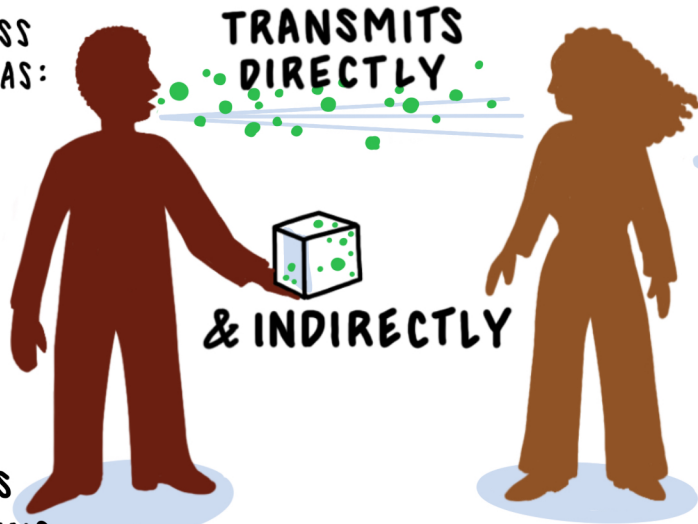# CORONAVIRUS : PREVENTION IS KEY

A RESPIRATORY ILLNESS WITH SYMPTOMS SUCH AS:

- FEVER
- HEADACHES
- FATIQUE
- 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 ASTHMAS OR OBESITY, CAN INCREASE YOUR RISK OF DEATH FROM COVID-19

DEFEND YOURSELF

HAND WASHING

KILLS THE VIRUS WHEN DONE RIGHT

SOAP

WASH WITH SOAP FOR 25 SECONDS

SING HAPPY BIRTHDAY SONG TWICE

MAKE SURE TO WASH UNDER JEWELRY, WATCHES & FINGERNAILS

USE A TOOTHBRUSH YOU DEDICATE FOR THIS TASK

AVOID TOUCHING YOUR FACE

VIRUSES ENTER OUR BODIES THROUGH OUR EYES, NOSE & MOUTH
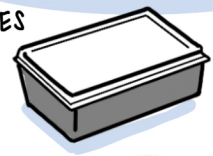
KEEP SURFACES CLEAN

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

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WEARING FACE MASKS DURING COVID-19

WEARING A FACE MASK CAN HELP STOP THE VIRUS FROM SPREADING

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

★ 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

★ TAKING IT OFF IN PUBLIC

DON'T SIT IT DOWN JUST ANYWHERE, STORE IT IN A CLEAN PAPER BAG

WRITE "OUTSIDE" ONTO ONE SIDE OF THE INTERIOR OF THE BAG

USE A FRESH BAG EVERY DAY

OUTSIDE

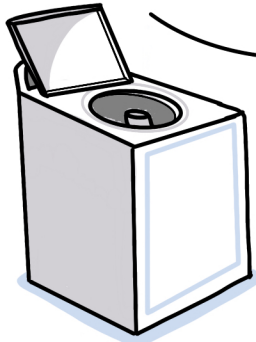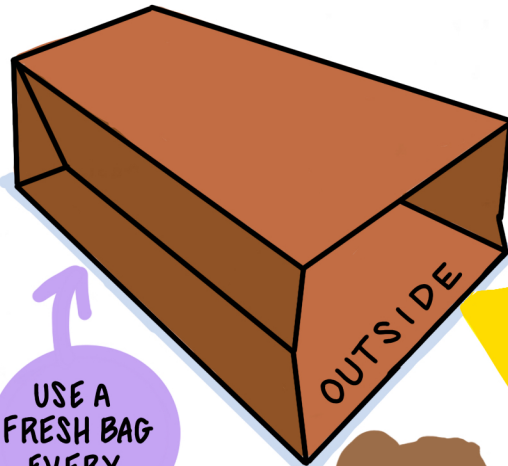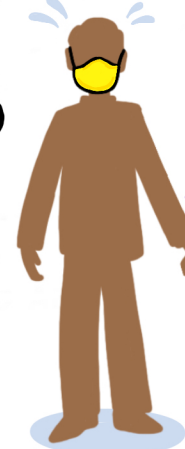INSIDE - SIDE THAT TOUCHES YOUR FACE

OUTSIDE - SIDE THAT PEOPLE SEE

✳ 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

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