



*To serve, protect
and promote
a healthy community for all.*

Daily Life and Going Out

As communities and businesses are opening, you may be looking for ways to resume some daily activities as safely as possible. While there is no way to ensure zero risk of infection, it is important to understand potential risks and how to adopt different types of prevention measures to protect yourself and to help reduce the spread of COVID-19.

In general, the more closely you interact with others and the longer that interaction, the higher the risk of spreading the virus.

Take these EVERYDAY Preventative Actions:

- Wash your hands often.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay at least 6 feet from other people.
- Stay home when you are sick.
- Avoid sharing personal items.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash, immediately wash hands.
- Clean and disinfect frequently touched objects and surfaces. Tables, doorknobs, light switches, countertops, handles, phones, keyboards, toilets, faucets and sinks.
- Wear a cloth face cover when you go out in public.
- Monitor your health. Be alert for symptoms: fever, cough, shortness of breath. Take your temperature if symptoms develop. If they worsen, call your healthcare provider.

Deciding to Go Out – What you need to know

- How many people will you interact with? Are the individuals within the same or different households?
- Can you keep 6 feet of space between you and others?
- What's the length of time you will be interacting with people?

Questions to Ask Yourself

- Will my activity put me in close contact with others?
 - Wear a cloth face covering.
 - Choose outdoor activities.
 - Use visual reminders like markings on the floor to help remind you to keep your distance.
- Will I need to take public transportation to get to the activity?
 - Avoid touching surfaces such as kiosks, digital touchscreens, ticket machines, handrails, elevator buttons and benches as much as possible. If you do come in contact, wash hands or use hand sanitizer.

Let's take care of ourselves and each other.