



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

- Kent County Health Department COVID-19 Website: www.accesskent.com/health/coronavirus
- COVID-19 Health-Related Questions? Call 888-535-6136
- Community Resources Call 2-1-1
- Questions for KCHD? covid@kentcountymi.gov
- For the Kent County COVID-19 Data Dashboard Visit : www.accesskent.com/Health/covid-19-data.htm
- For COVID-19 Testing Sites Visit: www.accesskent.com/Health/covid-19-testing.htm
- Safety guidelines, best practices, and resources for reopening Kent County businesses. Visit the Kent County Back to Work Website: <https://kentcountybacktowork.com/>

How to Protect Yourself and Others

What is social distancing?

Social distancing, also called “physical distancing,” means keeping space between yourself and other people outside of your home. To practice social or physical distancing:

- Stay at least 6 feet (about 2 arms’ length) from other people
- Do not gather in groups
- Stay out of crowded places and avoid mass gatherings

Know how it spreads

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).

- The best way to prevent illness is to avoid being exposed to this virus.
- The virus is thought to spread mainly from person-to-person.
 - Between people who are in close contact with one another (within about 6 feet).
 - Through respiratory droplets produced when an infected person coughs, sneezes or talks.
 - These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
 - Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.

Remember that some people without symptoms may be able to spread virus.

This is especially important for people who are at higher risk of getting very sick. www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html

Everyone should

- Clean your hands often.
 - Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
 - If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid Close Contact

- Stay home if you are sick.
- Avoid close contact with people who are sick.
- Put distance between yourself and other people.

Wear a cloth face covering

- You could spread COVID-19 to others even if you do not feel sick.
- Everyone should wear a cloth face cover when they have to go out in public, for example to the grocery store or to pick up other necessities.
- Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- Continue to keep about 6 feet between yourself and others. The cloth face cover is not a substitute for social distancing.