

# BUILDING BLOCKS OF CONTAINING COVID-19



## STANDARD PRECAUTIONS

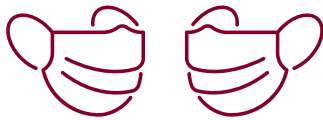
*ALWAYS practice standard precautions.*

**STAY HOME AS MUCH AS POSSIBLE**

**PRACTICE SOCIAL DISTANCING**

**WEAR A FACE MASK**

**WASH YOUR HANDS**



## SELF-MONITOR

If you have been in close contact with someone who has tested positive for COVID-19

If you have been in close contact with someone who might have been exposed to someone who has tested positive for COVID-19



## SELF-QUARANTINE

If you have tested positive for COVID-19 or you are awaiting your test results

If you are experiencing COVID-19 symptoms

If you have been in close contact with someone who has tested positive for COVID-19, even if you don't have symptoms

If you have been in close contact with someone who is being tested for COVID-19, even if you don't have symptoms

### HOW TO PRACTICE SOCIAL DISTANCING

Stay home as much as possible

Maintain 6 feet of distance between people

Don't hug or shake hands

Avoid groups of people and frequently touched surfaces

### HOW TO SELF-MONITOR

Be alert for symptoms of COVID-19, especially a dry cough or shortness of breath

Take your temperature every morning and night, and write it down

Call your doctor if you have trouble breathing or a fever (100.4°F or higher)

### HOW TO SELF-QUARANTINE

Stay home for 14 days

Avoid contact with other people

Don't share household items

**ALWAYS PRACTICE GOOD HYGIENE!**  
WASH YOUR HANDS FREQUENTLY  
AVOID TOUCHING YOUR FACE  
DISINFECT FREQUENTLY TOUCHED SURFACES



*If you or someone you have been in close contact with tests positive for COVID-19, please inform your instructor.*