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.