

COVID-19: 15 DAYS TO SLOW THE SPREAD



Even if you are young, or otherwise healthy, you are at risk and your activities can increase the risk for others. It is critical that you do your part to slow the spread of COVID-19.

Listen and follow the directions of your **STATE AND LOCAL AUTHORITIES**.

IF YOU FEEL SICK, stay home. Do not go to work. Contact your medical provider

IF YOUR CHILDREN ARE SICK, keep them at home. Do not send them to school. Contact your medical provider.

IF SOMEONE IN YOUR HOUSEHOLD HAS TESTED POSITIVE FOR COVID-19, keep the entire household at home. Do not go to work. Do not go to school. Contact your medical provider.

IF YOU ARE AN OLDER PERSON, stay home and away from other people.

IF YOU ARE A PERSON WITH A SERIOUS UNDERLYING HEALTH CONDITION that can put you at increased

risk (e.g. a condition that impairs heart or lung function or weakens your immune system), stay home and away from other people.



Work or engage in schooling **FROM HOME** whenever possible.

CRITICAL INFRASTRUCTURE INDUSTRY WORKERS, as defined by the Department of Homeland Security (e.g. healthcare services and pharmaceutical and food supply) have a special responsibility to maintain a normal work schedule. You and your employers should follow CDC guidance to protect your health at work.

AVOID SOCIAL GATHERINGS in groups of more than 10 people.

Avoid eating or drinking at bars, restaurants and food courts – **USE DRIVE THRU, PICK-UP OR DELIVERY OPTIONS**.

AVOID DISCRETIONARY TRAVEL, shopping trips and social visits.

DO NOT VISIT nursing homes or retirement or long-term care facilities unless to provide critical assistance.

PRACTICE GOOD HYGIENE:

- Wash your hands, especially after touching any frequently used item or surface.
- Avoid touching your face.
- Sneeze or cough into a tissue or the inside of your elbow.
- Disinfect frequently used items and surfaces as much as possible.