

INDIVIDUAL RECOMMENDATIONS
TO KEEP YOURSELF AND YOUR COMMUNITY HEALTHY AND SAFE

Stay Home, If Possible

- People 60 years and older, and any individuals with medical issues such as heart disease, diabetes, cancer, or a weakened immune system, are at significantly higher risk for getting very sick or dying from COVID-19.
- Minimize face-to-face contact with anyone outside of your household.
- If a caretaker or non-household member needs to enter your home, please wear a cloth mask and stay in a different area of house to avoid face-to-face contact with the visitor.
- Continue to practice social distancing and minimize the times you leave your home.
- Try grocery delivery, restaurant delivery, mail order prescriptions or pharmacy delivery, and phone appointments with your doctor. All deliveries should be left at the front door, and wash your hands before and after handling the delivered items.
- Reach out to friends, family, or neighbors to help deliver essential items to you, if needed.

When Leaving Your Home

- If you must go out, wear a cloth face mask, and stay *at least* six feet away from others.
- Try to run all errands by yourself or the minimum number of people needed for the task.
- Wash hands often and for at least 20 seconds, or use hand sanitizer with at least 60% alcohol.
- Disinfect surfaces, buttons, knobs, and other places touched often, including your car's handles, steering wheel.
- Do not share dishes, drinking glasses, cups, or eating utensils.
- Wash or disinfect hands upon entering a business and after any interaction with employees or other customers.
- If you have mild symptoms (difficulty breathing, worsening cough, or fever), **stay home**.
- Do not travel to areas with COVID-19 cases.

When Returning to Your Home from the Public

- Leave your shoes outside or in your garage. Do not bring shoes you wore in public inside your home. Try wearing the same shoes every time you leave the house.
- Enter your home through the door closest to your laundry area. Discard all your clothes directly into the washing machine (you do not have to start it), or into a laundry bin.
- Directly proceed to the bathroom and take a quick shower to scrub off any area of exposed skin with soap and water for at least 20 seconds. Afterwards, change into clothes to wear around your house.
- Although low-risk for being contaminated with COVID-19, you can also wipe down items brought in from a store/public with Lysol or hydrogen peroxide.

What to do if you Feel Sick

- Do not go out in public.
- Symptoms concerning for COVID-19 include:
 - Fever
 - Cough
 - Shortness of breath or difficulty breathing
 - Sore throat
 - Headaches
 - Chills/shaking with chills
 - Muscle pain or Body Aches
 - Loss of taste or smell
 - Diarrhea
 - Close contact with someone known to have COVID-19
- If you are feeling sick, please call your doctor. They will ask where you traveled, outside of your hometown, over the last 3 weeks. This is to see if you could be of high-risk for being sick with COVID-19.
- Please proceed based on the recommendations of your doctor. If you feel severely ill or your doctor is unavailable, please call 9-1-1 or proceed to the closest Emergency Room.