

MEASURES TO IMPLEMENT AT HOME

/// COVID-19



AVOID

- Close contact with people who are sick.
- Touching your eyes, nose, and mouth.
- Sharing cups, plates or other personal items.



Frequently clean and disinfect areas in your household such as doorknobs, countertops, etc.



Have in stock food and household supplies like laundry detergent, bathroom items, and diapers if you have small children.



Check to make sure you have at least a 30-day supply of your prescription medications and have other health supplies on hand, including pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes and vitamins.



Cover your mouth and nose with your elbow or tissue when you cough or sneeze. Then properly dispose of the used tissue immediately.



Practice other good health habits such as getting plenty of sleep, being physically active, manage your stress, drink plenty of fluids and eat nutritious food.