Precautions for Everyone

- Avoid close contact with people who are sick. Stay home if you are sick, except for medical care.
- Wash your hands often with soap and water for at least 20 seconds. If unavailable, use hand sanitizer with at least 60% alcohol.
- Cover your coughs and sneezes with a tissue and throw the tissue in the trash.
- Clean and disinfect frequently touched items such as tables, light switches and doorknobs.

Mental & Emotional Health

- Practice preventive actions to reduce the risk of getting sick.
- Outbreaks can be stressful for adults and children.
- Try to plan ahead and ask others for help to ensure that you can successfully stay at home.
- Stay in touch with family and friends by phone, email or other electronic methods to avoid loneliness.
- Check in on loved ones with who live alone or who have chronic conditions.
- Stay away from vulnerable populations, such as the elderly or those with underlying conditions.

For more information, go to www bcm edu/coronavirus-preparedness

Source: Baylor College of Medicine