



Everyone Should:

- **Keep hands clean**
 - Wash with soap and water for 20 seconds several times per day OR sanitize hands with an alcohol-based hand sanitizer that is at least 60% alcohol
 - Avoid touching the eyes and face with unwashed hands
- **Avoid close contact**
 - Put six feet of distance between yourself and others, when possible
- **Cover mouth and nose with a homemade cloth face cover when around others**
 - A cloth face covering helps to protect others from you
 - N-95 and surgical face masks are not necessary for public interactions
 - Do NOT place face coverings on children younger than age 2 or unconscious individuals
 - Use of a face mask does NOT replace frequent hand washing
- **Cover coughs and sneezes and immediately wash or sanitize hands**
- **Clean and disinfect frequently-touched surfaces throughout the day**
 - Remember door knobs and handles, light switches, phones, faucets and sinks



When to Consider Enhanced Personal Protection:

- **Surgical Masks**
 - Always mask the symptomatic individual
 - Reserve for prolonged encounters (>10 minutes) within six feet of an individual who is experiencing fever, cough, shortness of breath and/or has been diagnosed with COVID-19
- **Gloves**
 - Reserve for those performing housekeeping or food service duties, those with personal contact with ill individuals and those at risk of touching blood or other body fluids
- **Gowns**
 - Reserve for those with personal contact with ill individuals or at risk for soiling their clothing with blood or other body fluids
- **Face Shields or Goggles**
 - Reserve for those with personal contact with ill individuals or at risk for exposure to splashing blood or body fluids
- **N95 Masks**
 - Reserve for health care workers who are performing procedures such as airway suctioning, specimen collection, or intubation

