

COVID-19 (Coronavirus) Preventative Measures:

Please take warnings from public health officials and health care providers very seriously. Keep up with the latest updates, this has been constantly evolving.

Practice **SOCIAL DISTANCING**:

- Avoid congregating in public places
- Avoid bars and night clubs
- Avoid home gatherings with family and friends that are outside of your household
- Avoid eating out in restaurants, if you must go out, opt for take-out, delivery or fast food
- Avoid going to the gym or yoga studios, exercise at home or outside instead.
- Maintain a 6-foot distance from others if on public transportation if possible, try not to use public transportation if you have that option
- Avoid visiting elderly relatives, use Facetime or video calls to check-in on them instead.

Practice **regular hand washing**

Use proper hand washing (wash with soap and water for **20 seconds**) or hand sanitizing technique. Be sure to **cover all surfaces of the hands** with soap or hand sanitizer.

Avoid crowded places whenever possible

- If crowded places are unavoidable, then wear an N95 or surgical mask when in those situations

Avoid touching high touch surfaces (such as door handles), if unavoidable, then wash hands or use hand sanitizer immediately afterwards

Avoid touching the face, eyes, nose or mouth

Cover coughs and sneezes with a tissue if available otherwise use your shoulder or forearm

Avoid shaking hands or high fives

Try to keep at least a **6 feet distance** from others in public

Do not go to work if you think you may be sick (unless working from home)

Use provided **Self-Assessment TOOL** to decide if you need to get tested for COVID-19 or if you need to schedule a telemedicine visit with your doctor.

- The **Self-Assessment TOOL** is provided on the next page.

If you are sick and need to go outside in public, wear a facemask to protect others

Avoid any significant travel, postpone vacations, avoid flying, trains, tour buses and cruises

Clean and disinfect frequently touched surfaces at home daily

Call your doctor or urgent care and **inform them you are sick ahead of your visit**, see if they can do a **telemedicine visit** or at least have you **wait in your car** before rooming in the office

If you are suspected of having COVID-19 and are waiting for test results or waiting to be seen, initiate self-isolation

Be kind and considerate to everyone, we are all in this together and will get through it together!