

PROTECT YOURSELF & OTHERS

from COVID-19



Wash hands often and do not touch your face.



Keep 6-ft apart from others.



Wear a cloth face covering consistently and correctly.



When sick, stay home and self-isolate so you don't infect others.



Frequently disinfect "high touch" surfaces with 60% alcohol or Chlorox.



Cover sneezes/coughs with your arm or tissue.



Do NOT attend large parties, big family gatherings, or locations with crowds.

STAYING SAFE IN LARGE HOUSEHOLDS

- Limit errands; limit the number of people going out on errands.
- Avoid hugging, kissing or sharing food, drinks, utensils, dishes.
- Disinfect common areas often.
- Do not have outside visitors or large family gatherings in the house.
- If someone feels ill, call your doctor or go to a community clinic, get tested immediately (sites info below).
- If the COVID-19 test is positive, isolate from family members, stay 6-ft apart and wear a face mask. The testing site will give you information about getting results.

STAYING SAFE AT WORK

- Wear a face covering.
- Greet colleagues with a wave, nod or bow.
- Stay at least 6-ft apart from co-workers.
- Avoid sharing equipment/tools with co-workers.
- Disinfect your workspace and common areas often.

FREE COVID-19 Testing

Site addresses, hours and reservation link at ohealthinfo.com/covidtest or 800-564-8448

General COVID-19 Information

More ways to protect yourself and others at ohealthinfo.com/protecteachother

COVID-19 Resources

Help getting food, paying rent or getting medical care is at covid19info.ocgov.com