

COVID- 19 DO's and Don'ts

| DO | Don't |
|---|---|
| Do wear a mask, or cloth covering on your face at all times when you are not at home. This is meant more to protect OTHERS from your droplets rather than to protect you from others. | Don't stop social distancing because people are wearing mask. Masks can false sense of security as this is still important to protect YOU. |
| Do practice good hand hygiene and wash your hands frequently, especially before you eat, after you use the restroom, blow your nose or cough or before you touch your face. | Don't panic – It is not a 'panic-demic' but don't take this lightly either, especially if you are healthy! Emotional contagion is the spread of fear or panic and is more contagious than the virus itself. |
| Do cover your cough or sneeze. The best way to cough or sneeze is into your | Don't touch your eyes, nose, mouth or face without washing your hands. |
| Do wipe down all surfaces you come into contact with. Any regular bleach-containing household products is likely to be effective. | Don't treat "social distancing" like a "vacation". This is not the time to run errands. It is important to stay home and stay away from others for this to work. |
| Do remember that virus may live on surfaces like cash or credit cards. Wash your hands thoroughly after handling cash or credit cards before touching your face. | Don't share utensils or drinking glasses with others, including family members. |
| Do be mindful of what you surfaces you are touching and how frequently you are touching your face. | Don't shake hands or give hugs as greetings. Use an alternative greeting that maintains 6-8 feet of distance. |
| Do cancel elective dental, medical, recreational and non-essential appointments as these can interfere with social distancing. | Don't interact with your pets if you think you may have symptoms concerning for COVID-19 |
| Do call ahead to the doctor/emergency room before you head there if you think you may have symptoms concerning for COVID-19. | Don't visit your neighbors or community members, as you are the highest risk group. |
| Do go outside and get regular exercise but remember to wear that mask or cloth covering. | Don't walk or exercise directly behind someone else and don't touch public surfaces like park benches or railings as they are not regularly cleaned. |
| Do self-quarantine yourself for 14 days if you come into contact with someone who tests positive for coronavirus. | |