

# 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 to protect OTHERS from your droplets.            | Don't stop social distancing because people are wearing masks. Masks can give us a false sense of security. Masks are important to protect you!   |
| Do practice good hand hygiene and wash your hands frequently: before you eat, after you use the restroom, blow your nose, cough or touch your face. | Don't panic – It's 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 a tissue or the crease of your elbow.  | Don't touch your eyes, nose, mouth or face without washing your hands.  |
| Do wipe down all surfaces you touch with a bleach-containing household product.   | 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.   |
| Do remember that the virus may live on surfaces like cash or credit cards. Wash your hands thoroughly after handling them.                          | Don't share utensils or drinking glasses with others, including family members.   |
| Do be mindful of what surfaces you are touching and how frequently you are touching your face afterward.  | 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 related to COVID-19.   |
| Do call ahead to the doctor/emergency room before you head there if you think you may have symptoms related to COVID-19.                            | Don't visit your neighbors or other community members.  |
| Do go outside and get regular exercise, but remember to wear your 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 for 14 days if you come into contact with someone who tests positive for coronavirus.  |   |