

PREVENTIVE MEASURES

COVID-19 is highly contagious, here are some advice on how to protect yourself and your family

Get Vaccinated



- There are three authorized COVID-19 vaccines in the United States. Vaccines can protect you from COVID.
- Get a COVID vaccine as soon as you can.

Wear a Mask



- Wear a mask in indoor places and even outdoors in crowded areas. Mask can block 50-70% of germs that can enter your respiratory system.
- Wear a mask when doing activities that require close contacts especially with people you don't know.
- Wear a mask if you have a condition or are taking medications that weaken your immune system even if you are fully vaccinated.
- Wear a mask indoors in public even if you are fully vaccinated.

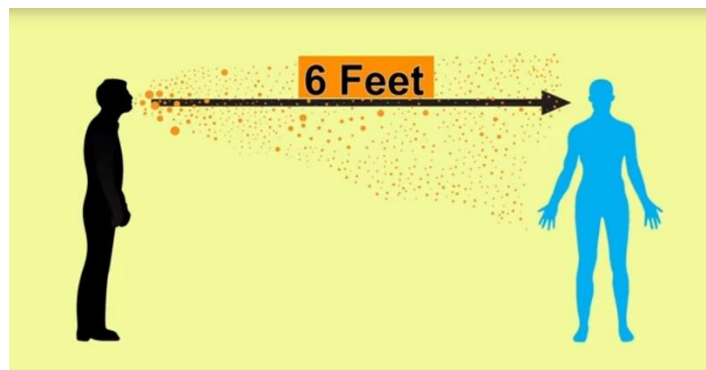
- Mask should be worn over your nose and your mouth.
- Mask are required for all public transportations, and at airports and transportation stations.

Wash your Hands Often



- Remember to wash your hands often with soap and water for at least 20 seconds.
- Especially wash your hands:
 - Before eating or preparing food
 - After using the restroom
 - After leaving a public place
 - After blowing your nose, coughing, or sneezing
 - After caring for someone sick
 - After touching animals or pets
- You can still take care of your hands if water is not available by using a hand sanitizer that contains at least 60% alcohol.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

Social Distancing



- Put a 6 feet distance between yourself and people you don't know.
- Even at home, if someone is sick with COVID, maintain a 6 feet distance between yourself and that person.
- If you are at higher risk of getting sick, keeping distance from others is very important.
- Remember 6 feet is about 2 arm lengths.
- Remember where social distance is implemented at 80-100%, respiratory infections decrease drastically.
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Cover Cough and Sneeze:



- Always cover your mouth and nose with a tissue or the inside of your elbow when you cough or sneeze.
- Always throw used tissues in the trash.
- Immediately wash your hands after or use hand sanitizer if water is not available.
- If you are wearing a mask and you cough and sneeze, remove the mask and put a new clean one as soon as possible.

Clean and Disinfect



- Always clean daily high touch surfaces (tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks).
- If somebody is sick with COVID, clean touched surfaces by using a household disinfectant product from [EPA's List N: Disinfectants for Coronavirus \(COVID-19\)](#) external icon according to manufacturer's labeled directions.
- For very dirty surfaces, you can use soap and water first than use a disinfectant.

Avoid Poorly Ventilated Spaces and Crowds

- Remember that crowded areas like restaurant, bars, movie theaters, fitness centers can put you at risk for COVID-19.
- Try to avoid indoor spaces that do not offer fresh air.
- When possible while indoors, bring in fresh air by opening windows and doors.



For more information about how o protect yourself, you can visit:

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

<https://www.osha.gov/coronavirus/control-prevention>