

# HOW TO BE PREPARED FOR CORONAVIRUS

Keeping yourself and your family safe around respiratory illnesses



## WASH YOUR HANDS

It's important! Most of us don't do it enough or aren't good at it. Scrub for 20 seconds. If you can't wash, use a hand sanitizer with at least 60% alcohol.



## STAY HOME IF YOU'RE SICK

If you need medical care and think you may have been exposed to coronavirus, call your medical provider for instructions before going in.



## TRAVEL

Following the CDC's travel guidelines ([cdc.gov/coronavirus/2019-ncov/travelers/faqs.html](https://www.cdc.gov/coronavirus/2019-ncov/travelers/faqs.html)) and maintaining situational awareness are the best ways to determine whether or not you should travel.



## HIGHEST RISK

Currently, the CDC considers older adults, and people who have serious chronic medical conditions like heart disease, diabetes, and lung disease at higher risk for severe infection.



## ALWAYS BE READY

Risk of exposure remains low. But, start thinking about daily supplies, like food staples and medications, for example. Visit [www.ready.gov](https://www.ready.gov) for suggestions.



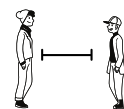
## KEEP GERMS OUT OF THE AIR

Cough or sneeze into your elbow, not your hands. Or, use a tissue and throw it away.



## DISINFECT SURFACES

Clean frequently-touched surfaces at home. Wash your hands after visiting public spaces.



## SOCIAL DISTANCING

If you're sick, stay home and restrict visitors. Someone coughing? Move away – 6 feet or more.



## RELIABLE INFORMATION

Make sure you're getting accurate information. Bookmark [dhd4.org/coronavirus-19-information](https://dhd4.org/coronavirus-19-information) and follow the District Health Department No. 4 on social media.



[www.dhd4.org](https://www.dhd4.org)



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Information adapted from the Washtenaw County Health Department