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) and maintaining situational awareness are the best ways to determine whether or not you should travel.

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.

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 for suggestions.

RELIABLE INFORMATION
Make sure you’re getting accurate information. Bookmark dhd4.org/coronavirus-19-information and follow the District Health Department No. 4 on social media.

Updated March 11, 2020
Information adapted from the Washtenaw County Health Department