

# Everyday Precautions & Preparation



## Practice good hand hygiene and cough/sneeze etiquette.

- Clean your hands often with soap and water for at least 20 seconds, especially when hands are visibly dirty. If soap and water is not available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- To the extent possible, avoid touching high-touch surfaces in public places – elevator buttons, door handles, handrails, handshaking, etc. Use a tissue or your sleeve to cover your hand/finger if you must touch something.
- Cover your nose and mouth with a tissue when coughing or sneezing (or an elbow if no tissue is available).
- Wash or sanitize your hands after touching surfaces in public places and after coughing/sneezing.
- Avoid touching your face, nose, eyes, etc.



## Reduce your exposure.

- Avoid crowds, especially in poorly ventilated spaces. Your risk of exposure increases in closed-in settings with little air circulation if there are people in the crowd who are sick.
- Avoid close contact with people who are sick.
- If COVID-19 is spreading in your community, take extra measures to put distance between yourself and other people, and stay home as much as possible.



## Clean and disinfect your home regularly.

Establish routine cleaning of frequently touched surfaces (i.e. tables, doorknobs, light switches, handles, remote controls, desks, toilets, faucets, sinks, and cell phones) to remove germs. Regular disinfectants are effective against coronavirus.



## Have supplies on hand.

- Contact your health care provider to ask about obtaining extra necessary prescription medications, in case you need to stay home for a prolonged period of time. If you cannot get extra medications, consider using mail-order.
- Be sure you have over-the-counter medicines, medical supplies, and tissues to treat fever and other symptoms. Most people will be able to recover from COVID-19 at home.
- Have enough household items and groceries on hand so that you will be prepared to stay at home for a period of time, especially foods your family eats while unwell (soups, broth, etc.)



## Have a plan for if you get sick.

- Consult with your health care provider for more information about monitoring your health for symptoms.
- Create an emergency contact list of emails and phone numbers. You may need to ask for help from friends, family, neighbors, community health workers, etc. if you become sick.
- Determine who can provide you with care if your caregiver gets sick.
- Make plans for the care of your pets/animals.

For more resources and updates about COVID-19, visit [pardeehospital.org/coronavirus](https://pardeehospital.org/coronavirus)