

CORONAVIRUS (COVID-19): HOW TO PROTECT YOURSELF AND OTHERS

PRACTICE "SOCIAL DISTANCING"



**STAY HOME
AS MUCH
AS
POSSIBLE**



**ONLY GO OUT
IF YOU MUST**
» FOR EXAMPLE «
Go OUT for medical needs
Don't Go Out for a haircut

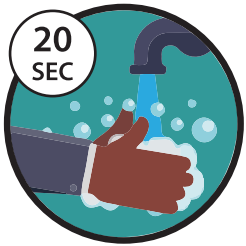


AVOID CROWDS
If the place you're going
has a lot of people,
don't go in!
Go back later



KEEP YOUR DISTANCE
If you absolutely
MUST go out,
keep 6 feet between
you and other people

PAY ATTENTION TO GOOD HYGIENCE



WASH YOUR HANDS

Wash them for
20 seconds
every time

» **Do This A Lot** «



CLEAN & DISINFECT

Do this to all of
the surfaces you
touch everyday

» **Do This A Lot** «



DO NOT TOUCH YOUR FACE

Keeps hands OFF
of your eyes, nose,
mouth and ears



COVER YOUR COUGH/SNEEZE

Cough or sneeze
into your elbow,
or in a tissue

» **THROW AWAY USED TISSUES** «

TAKE CARE OF YOURSELF



IF YOU FEEL SICK

» **CALL YOUR DOCTOR** «

Do not go to
your doctor's office
unless they tell you to



IF YOU ARE SICK

» **LISTEN TO YOUR DOCTOR** «

If you MUST go out,
ask them if you need to
wear a mask

STAY INFORMED:

Get Up to Date
News and Information from
The Center for Disease Control:

WWW.CDC.GOV

The Rhode Island
Department of Health:

WWW.HEALTH.RI.GOV



Created by Advocates in Action RI and the RI DD Council
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