



COVID-19 TIP SHEET

Stay safe. Stay healthy.

YOU

- Remember you live in a community and your personal choices impact those around you.
- If you don't feel well, stay home. Contact the wellness nurse. You may need to get tested.
- Routinely wash your hands and your masks. Paper masks can be sanitized by leaving in sunlight for several hours but should be discarded after a few uses.*
- Monitor your temperature daily. Early detection of a fever allows for early intervention.
- Go outdoors. Enjoying the outdoors is a great way to stay healthy both physically and mentally.*
- Check with your physician about your Vitamin D level. If it is low, they can recommend a daily supplement.*

PEOPLE

- When visiting friends use the same screening procedures we do. Ask them if they have recently traveled or had contact with anyone who has exhibited signs of illness or is not being careful. Are they exhibiting signs of illness?
- Limit your circle of friends. The fewer people with whom you come into contact the lower your risk and the risk to our community.
- When with friends wear masks, refrain from hugs and other physical contact and practice physical distancing.
- Wear a mask whenever you are in a car with someone with whom you do not live.

PLACES

- When going out, have a plan. Get in, get out. Efficiency limits your time out and lowers your risk.
- Only enter buildings that freely allow six feet of physical distancing.
- Wear a mask everywhere.
- Carry hand sanitizer and use it after every return to your vehicle. Disinfect door handles, the steering wheel and other things you touch frequently.
- Gas pumps are breeding grounds for germs. Clean your hands and vehicle thoroughly after pumping gas.
- Avoid restaurants, malls, department stores, athletic events and other large gatherings.
- Some churches are resuming services. Review their protocols and make sure you are comfortable and confident before attending. (*Are they limiting the size of the service? Are they social distancing? Are they singing?*)

Resident Acknowledgement

Date:

*Recommendations from the Centers for Disease Control and Prevention.