

# Protect yourself & others from COVID-19

## 1. Clean your hands.

Washing your hands often will help protect you from germs. If soap & water aren't available, use an alcohol-based hand rub.

## 2. Cover your mouth and nose with a mask when around others.



Everyone should wear a mask in public settings and when around people who don't live in your household, especially when other social distancing measures are difficult to maintain.

Masks should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.

## 3. Avoid close contact .

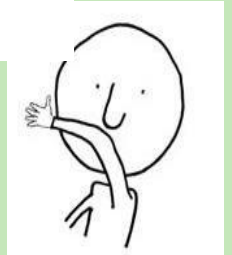
Put 6 feet of distance between yourself and others who don't live in your household.

## 4. Stay home when you are sick.

If possible, stay home from work, school, and errands when you are sick. This will help prevent spreading your illness to others.

## 5. Practice good health habits.

Clean and disinfect frequently touched surfaces. Get plenty of sleep, be physically active, manage stress, drink plenty of fluids, & eat nutritious food. Cover your mouth and nose with a tissue when coughing or sneezing. Throw tissues in the trash. If you don't have a tissue, cough or sneeze into your elbow or your sleeve. Then wash your hands with soap and water or use an alcohol-based hand rub.



## 6. Always be prepared with extra food and medications.

In case you cannot leave your home due to illness or disaster.

## 7. Stay Informed.

Get information from reputable sources such as the Centers for Disease Control (<http://www.cdc.gov>), CT DPH (<https://portal.ct.gov/dph>), or Eastern Highlands Health District ([www.EHHD.org](http://www.EHHD.org)). For telephone information: Hartford Healthcare 24 hour hotline: (860) 972-8100 or (toll-free) (833)-621-0600.

For general information call 211 .

