

Stayin' Alive

SPREAD THE WORD, NOT THE VIRUS.

PREVENTION

Stay ready, get ready.



Wash your hands with soap and water for **20 seconds** to remove all germs



Only use clean/glove-free hands when touching personal items (purse, cell phone, keys, car)



Clean dirty surfaces such as doorknobs, countertops, and floors using household cleaners or soap and water



Cover your nose and mouth with a washable mask or scarf



Only leave your home for emergencies or work and **stay at least 6ft away** from other people when you're out



Wipe down all items that enter your home (food, groceries, boxes) because the virus can live on plastic and cardboard



Don't touch your hair, face, or mask (even with gloves on)



Leave your shoes at the door



Avoid person-to-person contact during deliveries and avoid shaking hands

PRESENTATION Save yourself. Save others.



While some people won't have symptoms at all, others will become very sick. Use your PREP list to prepare and get the help you need.

Be on the lookout for cough, fever/

chills, trouble breathing, chest pain, muscle aches, vomiting and diarrhea, loss of taste and smell, headache.

Write down your temperature and how you're feeling daily

If you are sick, avoid physical contact and consider wearing a mask in the home to keep from spreading germs on surfaces and to other family members



Sharing space with others:

Try to avoid sharing common spaces and household items (*bedroom, bathroom, towels, soap, dishes, remote controls*)

If sharing a bathroom, ALL surfaces need to be cleaned before use by others

Separate your trash and laundry



PREP Get your house in order.

Make sure you have enough:

- Cough & cold medicine
- Medicine prescribed by your doctor
- Water and non-sugary drinks
- Low salt soups and other non-perishable foods
- Baby supplies
- Label, date, and freeze food if you can

Make a list of people who can help you and your family if you become sick

Primary care doctor: _____

Telehealth doctor: _____

Local Health Department: _____

State Health Department: _____

Supporters (pastor, therapist, friends, family): _____

Call 911 for emergencies

Strategies compiled by:



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