

# HOW TO BE PREPARED FOR CORONAVIRUS

Keeping yourself and your family safe around respiratory illnesses

For general information, call the state COVID-19 hotline at 1-888-535-6136



## WASH YOUR HANDS

It's important. Most of us don't do it enough or aren't good at it. Scrub for 20 seconds. If you can't wash, use a hand sanitizer with at least 60% alcohol.



## ALWAYS BE READY

Your life may temporarily change. Prepare, do not panic. Just be sure you have what you need, such as prescription drugs and everyday essentials.



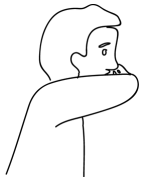
## STAY HOME IF YOU CAN

All non-essential travel is not recommended at this time. If you can, stay home and avoid person-to-person contact.



## MASKS

Masks are not a good prevention tool for healthy people. If you are sick, masks can help prevent the spread of germs. Health care workers or others caring for sick people should wear appropriately fitted masks (such as N95 respirators).



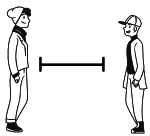
## KEEP GERMS OUT OF THE AIR

Cough or sneeze into your elbow, not your hands. Or, use a tissue and throw it away.



## KNOW THE SIGNS & SYMPTOMS

Fever, cough and shortness of breath may appear 2-14 days after exposure. If you believe you are symptomatic, call your health care provider's office in advance of a visit. If you don't have a doctor, call your local hospital.



## SOCIAL DISTANCING

If you must be in a space with other people, distance yourself from them by 6 feet or more.



## DISINFECT SURFACES

Clean frequently-touched surfaces at home. Wash your hands after visiting public spaces.



## RELIABLE INFORMATION

Make sure you're getting accurate information. Call the state COVID-19 hotline at 1-888-535-6136 for general questions. Bookmark [www.barryeatonhealth.org](http://www.barryeatonhealth.org) and follow the Barry-Eaton District Health Department on social media.



Barry-Eaton District  
Health Department