

Safe at Home

Do YOUR part to keep our neighbors, families & communities safe!



Know how it spreads

The best way to prevent illness is to avoid being exposed to the virus, which is thought to spread mainly from person-to-person, including:

- Between people who are in close contact (within 6 feet).
- Through respiratory droplets produced when an infected person coughs, sneezes or talks.
- Touching surfaces or objects is not thought to be the main way the virus spreads.



Take care of yourself

It is normal to feel stressed, anxious and worried, but make sure to prioritize both your physical and emotional wellbeing.

- Eat healthy, drink plenty of water and exercise regularly
- Get outside - walk, bike, fish or plant a garden
- Enjoy your hobbies - read, bake, play games or call a friend
- Practice mindfulness by taking regular deep breaths
- Avoid excessive news consumption and only use reliable sources, such as the CDC or OSHA



Wash hands frequently

At home, wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol.



Cover coughs & sneezes

Always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow. Throw used tissues in the trash and immediately wash your hands.



Wear cloth face coverings

Everyone should wear a cloth face covering when they have to go out in public, such as the grocery store or pharmacy. The cloth face covering is not a substitute for social distancing. Wash cloth face covering with soap and water.



Avoid close contact

Avoid close contact with individuals outside of your household by maintaining a physical distance of at least 6 feet at all times, including running errands or attending social gatherings. Limit nonessential visits with people.



Avoid social gatherings

Remember that some people without symptoms may be able to spread the virus. Stay at least 6 feet (about 2 arms' length) from other people. Do not gather in groups, stay out of crowded places and avoid mass gatherings. To stay connected socially, opt for video or phone calls.



Clean & disinfect

Clean and disinfect frequently touched surfaces daily. At home, this includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks. Use detergent or soap and water prior to disinfection. Then, use a household disinfectant.



Avoid carpooling & public transit

If carpooling or riding public transit is unavoidable, wear a cloth face covering and avoid contact with high-touch surfaces, such as handles, windows, seats and belts. If possible, increase outside ventilation. Use cleaning and disinfectant spray or disposable wipes. Wash hands (or sanitize) before entering and after exiting the bus or vehicle.



Other considerations

Avoid shared spaces that are susceptible to close contact, including elevators and stairwells. If you can't social distance, wait before advancing. When handling laundry, wear gloves and don't shake dirty laundry. If possible, work out at home, but if you need to use shared equipment, be sure to actively clean and disinfect. Consider other areas of exposure.