CORONAVIRUS (COVID-19): HOW TO PROTECT YOURSELF AND OTHERS

PRACTICE “SOCIAL DISTANCING”

STAY HOME AS MUCH AS POSSIBLE

ONLY GO OUT IF YOU MUST
>>> FOR EXAMPLE <<<
Go Out for Medical Needs
Don’t Go Out for a Haircut

AVOID CROWDS
If the place you’re going has a lot of people
don’t go in!
Go back later

KEEP YOUR DISTANCE
If you absolutely MUST go out,
keep 6 feet between you and other people

PAY EXTRA ATTENTION TO GOOD HYGIENE

WASH YOUR HANDS
Wash them for 20 Seconds
Every Time
>>> DO THIS ALOT <<<

CLEAN & DISINFECT
Do this to all of the surfaces you touch everyday
>>> DO THIS ALOT <<<

DO NOT TOUCH YOUR FACE
Keeps hands OFF of your eyes, nose, mouth and ears

COVER YOUR COUGH/SNEEZE
Cough or sneeze into your elbow,
or in a tissue
>>> THROW AWAY USED TISSUES <<<

TAKE CARE OF YOURSELF

IF YOU FEEL SICK
>>> CALL YOUR DOCTOR <<<
Do Not Go to your doctor’s office unless they tell you to

IF YOU ARE SICK
>>> LISTEN TO YOUR DOCTOR <<<
If You MUST Go Out, ask them if you need to Wear a Mask

STAY INFORMED:
Get Up to Date
News and Information from
The Center for Disease Control:
WWW.CDC.GOV

The Rhode Island Department of Health:
WWW.HEALTH.RI.GOV

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