

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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