

# **Protective and Preventive Actions to take during COVID-19**

## **Protective Guidelines:**

Wash Your Hands often with soap and warm water for at least 20 seconds, when hand washing is not readily available, use an alcohol based hand sanitizer.

Avoid touching your eyes, nose, or mouth with unwashed hands.

Cover your cough or sneeze with a tissue and dispose of the tissue in the trash.

Stay home if you are sick.

Avoid close contact with people who are sick.

## **Preventive Measures:**

Clean frequently touched surfaces and objects daily (e.g. tables, countertops, light switches, doorknobs, cabinet handles) using regular household cleaning products and water.

Clean your electronic devices (phones, tablets, computers, laptops, keyboards) with approved wipes or cleaning products.

Always follow the manufacturer's instructions for all cleaning and disinfecting products.