

CORONAVIRUS (COVID-19)

STEPS TO PREVENT ILLNESS

STEPS TO PROTECT YOURSELF & OTHERS

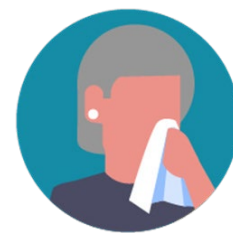


Clean your hands often

- **Wash your hands** often with soap and water for at least 20 seconds especially after you have been in a public place, after blowing your nose, coughing, or sneezing, before eating, and after using the bathroom.
- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.

Cover coughs and sneezes

- **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.
- Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.



Wear a facemask if you are sick

- **If you are sick**, you should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then you should do your best to cover your coughs and sneezes, and people who are caring for you should wear a facemask if they enter your room. Learn what to do if you are sick.
- **If you are NOT sick**, you do not need to wear a facemask unless you are caring for someone who is sick (and they are not able to wear a facemask). Facemasks may be in short supply and they should be saved for caregivers.

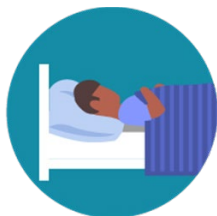


Avoid close contact

- **Avoid close contact** with people who are sick.
- Put **distance between yourself and other people**. For COVID-19, the recommendation is 6 feet. This is especially important for people who are at higher risk of getting very sick.

Stay home if you're sick

- **Stay home** if you are sick, except to get medical care.



Clean and disinfect

- Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- If surfaces are dirty, clean them: Use detergent or soap and water prior to disinfection.



Blue Ridge Area
FOOD BANK

Everyone should have enough to eat.

FOR MORE INFORMATION, VISIT:
<https://www.brafb.org/covid-19>