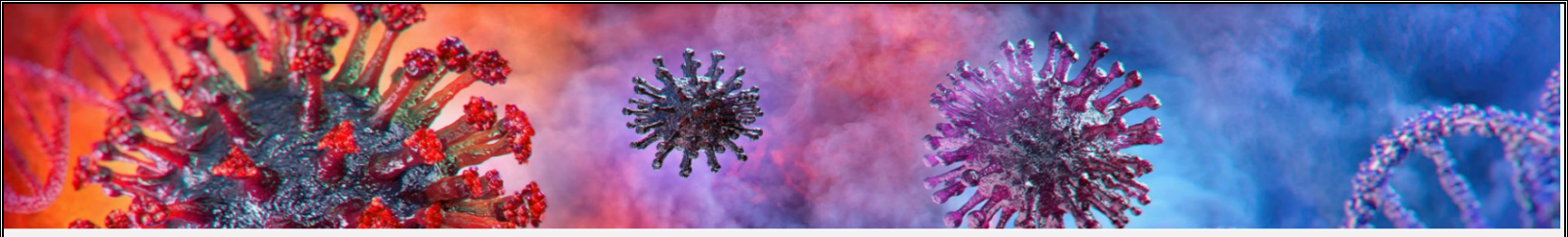

RIO GRANDE COUNTY COVID-19

PREVENTING AND MANAGING ILLNESS

Preventive actions

- Frequently and thoroughly wash your hands with soap and water for at least 20 seconds. If soap and water are not available, use hand sanitizer with at least 60% alcohol.
- Cover coughs and sneezes with a tissue, then throw the tissue in the trash, or use your inner elbow or sleeve.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home and self-isolate if you're sick and keep your children home if they are sick.
- Daily, clean surfaces in your home, and personal items such as cell phones, using regular household products.
- To protect others, wear a non-medical mask when outside your home and yard.

Practice social and physical distancing

- Keep 6 feet between yourself and other people (people who don't live in the same household as you, whenever possible. No hugs, no handshakes.
- Work from home if you can.
- Keep children and teens from gathering.
- Stay home.
- Avoid group gatherings. The smallest group in the largest space poses the least risk. Currently, people should stay home except for essential needs

10 ways to manage respiratory symptoms at home

https://www.cdc.gov/coronavirus/2019-ncov/downloads/10Things.pdf