

# Stayin' Alive

SPREAD THE WORD, NOT THE VIRUS.

## PREVENTION

Stay ready, get ready.



**Wash your hands** with soap and water for **20 seconds** to remove all germs



**Only use clean/glove-free hands** when touching personal items (purse, cell phone, keys, car)



**Clean dirty surfaces** such as doorknobs, countertops, and floors using household cleaners or soap and water



**Cover your nose and mouth** with a washable mask or scarf



**Only leave your home for emergencies** or work and **stay at least 6ft away** from other people when you're out



**Wipe down all items** that enter your home (food, groceries, boxes) because the virus can live on plastic and cardboard



**Don't touch** your hair, face, or mask (even with gloves on)



**Leave your shoes** at the door



**Avoid person-to-person contact** during deliveries and avoid shaking hands

## PRESENTATION Save yourself. Save others.



**While some people won't have symptoms at all, others will become very sick. Use your PREP list to prepare and get the help you need.**

**Be on the lookout for** cough, fever/

chills, trouble breathing, chest pain, muscle aches, vomiting and diarrhea, loss of taste and smell, headache.

**Write down your temperature** and how you're feeling daily

**If you are sick, avoid physical contact and consider wearing a mask** in the home to keep from spreading germs on surfaces and to other family members



### Sharing space with others:

Try to avoid sharing common spaces and household items (*bedroom, bathroom, towels, soap, dishes, remote controls*)

If sharing a bathroom, ALL surfaces need to be cleaned before use by others

Separate your trash and laundry



## PREP Get your house in order.

### Make sure you have enough:

- Cough & cold medicine
- Medicine prescribed by your doctor
- Water and non-sugary drinks
- Low salt soups and other non-perishable foods
- Baby supplies
- Label, date, and freeze food if you can

### Make a list of people who can help you and your family if you become sick

Primary care doctor:

Telehealth doctor:

Local Health Department:

State Health Department:

Supporters (pastor, therapist, friends, family):

### Call 911 for emergencies

Strategies compiled by:



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