



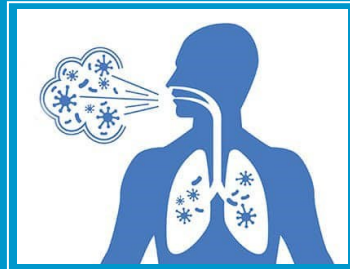
EVERYDAY PRECAUTIONS

To Keep COVID-19 Out of Your Home

People in EVERY community should take extra precautions to reduce the risk of bringing COVID-19 into their homes.



This is especially important for people who are, or live with someone, at increased risk of complications.



According to the **CDC**

COVID-19 is primarily transmitted by droplets caused when sick people cough or sneeze.

BUT there's a slight chance of catching COVID-19 by picking up virus-containing residue on **SURFACES** and transferring it to your eyes, mouth, nose, etc.



Follow the Everyday Practices and guidance below to lower your risk of infection.

HOW TO AVOID EXPOSURE



Maintain a 6-foot space from others. (But just walking past a person or spending a couple minutes within 6 feet of a person isn't considered a risk.)



HOW TO AVOID EXPOSURE #2



STAY HOME!!
(Or limit the number of times you leave the house.)

Have enough groceries on hand so that you can stay home longer without repeated trips to the store.

Also, ask your medical provider about obtaining larger allotments of medications, or consider switching to mail-order medications.

EVERYDAY PRACTICES (if you have to leave the house)

CARRY CLEANERS

- ⇒ Antiviral wipes
- ⇒ Alcohol pads
- ⇒ Hand sanitizer (if you can find some)



Keep them in your car so you have them handy, and carry them around when you go out.



LATHER UP!

Wash your hands for at least 20 seconds with soap & water, especially after using the restroom.

STAND TALL

Avoid leaning against walls, counters, & railings.

Do not sit on floors or steps.



Practice good HAND AWARENESS

Limit the number of surfaces you touch.

FACE OFF!



We know it's tough— but keep your hands off your face, eyes, mouth, & hair.



KEEP EVERYTHING —CLEAN—

Especially all high-touch surfaces in your home & car. Also, be sure to clean your hands before and after entering your home & car.

It's easy to get carried away with worry about COVID-19.

But, for most people, the risk is low, as long as you keep a safe distance from sick people and practice sensible cleanliness.

For more information & resources, please visit:
www.DHS.gov/employees



Homeland Security