

STAYING SAFE DURING COVID-19

We understand this is a stressful time and people want to know what they can do now to protect themselves and their families. Below are some everyday steps that people in the U.S. can take now.

If you show symptoms or are sick, it is recommended that you stay home.



CLEAN

Disinfect high-touch surfaces frequently throughout the day. High-touch surfaces include phones, remote controls, counters, tabletops, doorknobs, bathroom fixtures, toilets, keyboards, tablets and bedside tables. Follow CDC guidance.

WASH HANDS

Wash your hands with soap and water for at least 20 seconds, especially after being in a public place, or after blowing your nose, coughing or sneezing. If soap and water are not readily available, use a hand sanitizer with at least 60% alcohol.



STAY HOME

If you show symptoms or are sick, it is recommended that you stay home. If you do need to leave the house, practice social distancing by keeping at least 6 feet — about two arm lengths — away from others.



CHECK ON FRIENDS AND FAMILY

Stay connected with loved ones through video and phone calls, texts and social media. We are all in this together, and can continue to stay connected even when we're apart..

