INFECTION PREVENTION RECOMMENDATIONS

Stay more than 6 feet away from people who appear sick

Avoid touching your face

Frequently wash your hands for 20 seconds with soap and water or using alcohol-based hand sanitizer with a minimum of 60% alcohol if your hands aren’t soiled

Cover your mouth and nose with tissue when coughing or sneezing, dispose of tissue in the trash, and wash your hands or use hand sanitizer after coughing or sneezing

Frequently clean commonly touched surfaces (ie: doorknobs, keyboards) with antiseptic cleanser

Wear a facemask if you develop respiratory illness signs or symptoms such as a cough, shortness of breath, or cough

Stay home if you are sick and call your healthcare provider for further recommendations