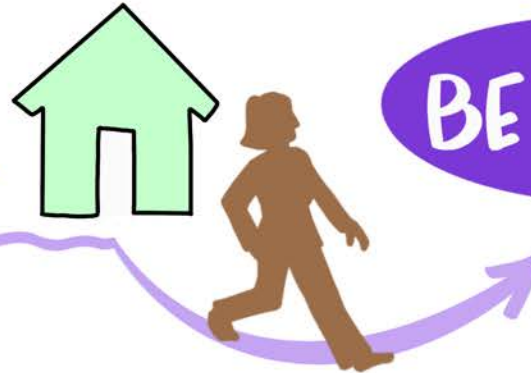


# LEAVING THE HOUSE DURING CORONAVIRUS

Shanina Knighton PhD RN

STAYING HOME & LIMITING SOCIAL INTERACTIONS CAN HELP PREVENT COVID-19 FROM SPREADING...BUT

**WHEN YOU HAVE TO GO OUT**



SYMPTOMS OR NO SYMPTOMS- COVID-19 CAN CAUSE HOSPITALIZATION OR DEATH

## ★ BEFORE YOU LEAVE HOME



### FACE MASKS

CAN HELP STOP THE SPREAD OF DROPLETS FROM COUGHS AND SNEEZES

SOME PLACES WILL REQUIRE YOU TO WEAR ONE



ALWAYS WASH OR SANITIZE YOUR HANDS BEFORE & AFTER USING A MASK



CARRY HAND SANITIZER FOR WHEN YOU CAN'T GET TO A SINK TO WASH YOUR HANDS



BRING A BROWN PAPER BAG TO STORE YOUR MASK IN IF YOU NEED TO REMOVE IT WHILE YOU ARE OUT

## ★ WHILE YOU ARE OUT

- AVOID TOUCHING THINGS YOU DON'T HAVE TO EVERYTHING YOU TOUCH OR OTHERS TOUCH MIGHT BE CONTAMINATED WITH COVID-19



USE DISINFECTANT SPRAY TO WIPE DOWN CAR DOOR HANDLES, CARDS IN YOUR WALLET & KEY PADS

## ★ WHEN YOU GET HOME

- LEAVE YOUR SHOES AT THE DOOR



- CLOTHES YOU WORE OUTSIDE SHOULD BE WASHED



- WASH YOUR HANDS



- YOUR REUSABLE FACE MASK CAN BE WASHED BY HAND AND HUNG TO DRY



- ITEMS YOU BRING INTO YOUR HOME SHOULD BE CLEANED AND SO SHOULD SURFACES THEY TOUCHED

