Fighting **COVID-19**

Do **YOUR** Part to Slow the Spread

It is critical for all of us to do our part.

Even if you are young or otherwise healthy, you are at risk and your activities can also increase the risk for others.

1

Stay home.

Many states and municipalities have issued directives to shelter in place and request residents to stay home as much as possible. This includes work, school, discretionary shopping trips, and social visits.

Learn More:

If you work in a CRITICAL INFRASTRUCTURE industry, you and your employers should follow CDC guidance to protect your health at work.

When it is necessary to be in public spaces, remember to retain a safe distance of 6 feet from those around you.

2

Wash your hands often.

Make sure you use soap and water and wash for at least 20 seconds, especially after leaving a public space, coughing, blowing your nose, or sneezing.

WHAT TO CLEAN?

Remember to keep your electronic devices and frequently touched surfaces and appliances cleaned / sanitized often.

3

Practice good hygiene.

In addition to regular hand washing, avoid touching your face. Sneeze or cough into a tissue, and immediately throw the tissue away. Disinfect frequently used items and surfaces as much as possible.

Want to learn more on how to keep yourself and others safe?

Center for Disease Control (CDC):
COVID-19 Preparation Recommendations
www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html

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For more, visit: coeh.berkeley.edu/covid-19