

COVID-19 Precaution Reminders



Wash Your Hands

- Use soap & water for at least 20 seconds.
- If soap & water aren't available, use hand sanitizer with at least 60% alcohol.
- Don't touch your face (eyes, nose, mouth).

Respiratory Hygiene

- Cover your coughs/sneezes with a tissue or elbow. Place used tissue in garbage and wash/sanitize your hands before touching anything else.
- When in public, cover your mouth and nose with a fabric face covering or mask. Respiratory droplets from talking/breathing can travel about 2 ft. and from coughing/sneezing 6-25 ft. Smaller droplets can remain airborne for extended periods of time.

Clean/disinfect all high touch surfaces regularly

- Cleaning assists in removing germs, dirt and other impurities from objects/surfaces.
- Disinfecting using chemicals on EPA-registered disinfectant list kills any residual germs on surfaces after they have been cleaned.



Stay Home

Unless necessary... **DO NOT** go out in public.

- Enjoy the outdoors while keeping a *minimal* 6-foot social/ physical distance (preferably more) between you and anyone not in your household.

Masks

- When you must go out in public, wear a thickly woven homemade mask to minimize the asymptomatic and pre-symptomatic spread of COVID-19. Even a bandana or scarf will help.
- *Maintain social/ physical distancing.* Do not let a face-cover over your mouth and nose give you a false sense of security.
- Carefully remove the face-covering/mask when you return home by grasping the ear loops/ties and place in designated container for washing. Do not touch the front of the mask, which is considered contaminated.
- Promptly wash hands before touching anything else.
- Save the N95 masks for medical professionals who need them.

Social/ Physical distancing as much as possible.

- Social/ Physical distancing is very important (*minimally 6-feet*).
- Keep in touch with loved ones by phone, text, email and Skype or Zoom calls.



We're doing this for *all* Alaskans to help save lives by flattening the curve.