HOW TO BE PREPARED FOR CORONAVIRUS
Keeping yourself and your family safe around respiratory illnesses
For general information, call the state COVID-19 hotline at 1-888-535-6136

WASH YOUR HANDS
It’s important. Most of us don’t do it enough or aren’t good at it. Scrub for 20 seconds. If you can’t wash, use a hand sanitizer with at least 60% alcohol.

STAY HOME IF YOU CAN
All non-essential travel is not recommended at this time. If you can, stay home and avoid person-to-person contact.

KEEP GERMS OUT OF THE AIR
Cough or sneeze into your elbow, not your hands. Or, use a tissue and throw it away.

SOCIAL DISTANCING
If you must be in a space with other people, distance yourself from them by 6 feet or more.

DISINFECT SURFACES
Clean frequently-touched surfaces at home. Wash your hands after visiting public spaces.

ALWAYS BE READY
Your life may temporarily change. Prepare, do not panic. Just be sure you have what you need, such as prescription drugs and everyday essentials.

MASKS
If you are sick, masks can help prevent the spread of germs. CDC is recommending the public to wear cloth or homemade masks during essential travel. Health care workers and first responders should wear appropriately fitted masks (such as N95s).

KNOW THE SIGNS & SYMPTOMS
Fever, cough and shortness of breath may appear 2-14 days after exposure. If you believe you are symptomatic, call your health care provider’s office in advance of a visit. If you don’t have a doctor, call your local hospital.

RELIABLE INFORMATION
Make sure you’re getting accurate information. Call the state COVID-19 hotline at 1-888-535-6136 for general questions. Bookmark www.barryeatonhealth.org and follow the Barry-Eaton District Health Department on social media.

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Information adapted from the Washtenaw County Health Department