

COVID-19 – Guidelines on Staying Healthy

Introduction

COVID-19 (novel coronavirus) has posed a serious public health risk. The virus can cause mild to severe illness; most severe illness often occur in older adults. The following guide has been prepared to provide information on staying healthy and protecting yourself from COVID-19.

Protect Your Family

The best way to prevent illness is to avoid being exposed to the virus. Clean hands often – wash your hands frequently with soap and water for at least 20 seconds. Be sure to clean the front and back of your hands, between your fingers and under your fingernails. Avoid touching your eyes, nose and mouth with unwashed hands. Clean and disinfect high-touch surfaces, including:

- Tables
- Doorknobs
- Light switches
- Countertops
- Handles
- Desks
- Phones
- Keyboards

Social Distancing

The virus is thought to be spread mainly from person to person through respiratory droplets produced when an infected person coughs or sneezes. Avoid close contact with people outside your

household, especially those who display symptoms of any illness. Cover your coughs and sneezes with a tissue and throw used tissues in the trash.

It is especially important to limit your exposure to older adults or any with serious underlying medical conditions, some of which would include:

- People age 65 or older
- People with asthma or a chronic lung disease
- People who are immunocompromised
- People who have serious heart conditions

Stay Active & Connected

Social distancing does not mean you and your family must stay indoors or in front of the television or computer screen. Encourage your children to play outdoors, take a walk with them or go on a bike ride. Find indoor activities to keep busy as well – board games, puzzles, reading together – these are all ways to prevent boredom and stress.

Stay socially connected by reaching out to friends and family via phone or video chats. Write letters or send cards to family members you are not able to visit.

Did you know?

The most common symptoms of COVID-19 are fever, cough and shortness of breath

Learn More

Learn more about COVID-19 and how to keep you and your family safe [here](#).

References:

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

<https://faq.coronavirus.gov/>