

# 10 COVID-19 Health and Safety Reminders

## #10- Wear A Face Covering

- Wash hands before placing covering on your face.
- Make sure the covering covers your mouth and nose.
- Avoid using a face cover with vents/exhaust valves.
- Try to fit the covering snugly against the sides of your face.
- Be careful not to touch your eyes, nose, and mouth when removing.
- Wash hands after removing.

## #9 – Wash Your Hands Often

- Wash your hands:
  - After blowing your nose, coughing or sneezing
  - After using the restroom
  - Before eating or preparing food
  - Before placing or taking off face covering
  - After contact with pets or animals.
- Use hand sanitizer with 60% alcohol if soap and water isn't available.
- Avoid touching your face with unwashed hands.

## #8 - Maintain 6ft Distance

- Place 6ft of physical distance between you and others.
- Avoid close contact with people who are sick, even inside of your living space.
- Stay home when possible.
- Avoid large gatherings and traveling when possible.



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## #7 - Clean & Disinfect Surfaces

- Regularly clean high- touch areas with soap and water.
- Disinfect with household disinfectants on ongoing basis.
- Remember electronic devices including cellphones.
- Don't forget doorknobs, light switches, countertops.

## #6 - Know the Symptoms

- Symptoms may appear 2-14 days after exposure to the virus.
- Individuals who do not have any symptoms can still spread the virus.
- You could experience one or more of the following: fever, chills, shortness of breath or difficulty breathing, fatigue, muscle aches, headaches, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea.

## #5 - Stay Home When Ill

- Stay home when you are not feeling well.
- Call your medical provider before stopping in for care.
- Follow the recommendations from your healthcare provider.



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## #4 - Educate Yourself

- Choose credible sources to stay informed about COVID-19.
  - [wcupa.edu/healthnotices](http://wcupa.edu/healthnotices)
  - [CDC.gov](http://CDC.gov)
- Limit overexposure to media.
- Share what you learn with others.

## # 3 Practice Health Promoting Behaviors

- Choose nutritious foods if available.
- Maintain routine exercise.
- Establish a regular sleep cycle.
- Reach out to others for support.
- Maintain social connections.
- Limit or avoid substance use.
- Continue seeking medical care as needed.

## #2 - Void Spreading False Information

- Spreading false information can lead to stigmatizing, stereotyping and discrimination.
- COVID-19 can make anyone ill and no person or group is more likely to spread the virus.
- Report incidents of discrimination and harassment to the Office of Diversity, Equity and Inclusion.





# # 1 - We Are in this Together!



Practice patience and kindness towards others.

Let's work together to not miss out on future events and activities.

Each one of us plays an important role in protecting ourselves and each other against COVID-19.



For additional information:

[www.wcupa.edu/healthnotices](http://www.wcupa.edu/healthnotices)

[www.cdc.gov](http://www.cdc.gov)