

# CORONAVIRUS (COVID-19): HOW TO PROTECT YOURSELF AND OTHERS

## PRACTICE "SOCIAL DISTANCING"



**STAY HOME  
AS MUCH  
AS  
POSSIBLE**



**ONLY GO OUT  
IF YOU MUST**  
»» FOR EXAMPLE ««  
**GO OUT** for medical needs  
**DON'T GO OUT** for a haircut



**AVOID CROWDS**  
If the place you're going  
has a lot of people,  
don't go in!  
Go back later



**KEEP YOUR DISTANCE**  
If you absolutely  
MUST go out,  
keep 6 feet between  
you and other people

## PAY ATTENTION TO GOOD HYGIENCE



**WASH YOUR HANDS**  
Wash them for  
20 seconds  
every time  
»» DO THIS A LOT ««



**CLEAN & DISINFECT**  
Do this to all of  
the surfaces you  
touch everyday  
»» DO THIS A LOT ««



**DO NOT TOUCH  
YOUR FACE**  
Keeps hands OFF  
of your eyes, nose,  
mouth and ears



**COVER YOUR COUGH/SNEEZE**  
Cough or sneeze  
into your elbow,  
or in a tissue  
»» THROW AWAY USED TISSUES ««

## TAKE CARE OF YOURSELF



**IF YOU FEEL SICK**  
»» CALL YOUR DOCTOR ««  
Do not go to  
your doctor's office  
unless they tell you to



**IF YOU ARE SICK**  
»» LISTEN TO YOUR DOCTOR ««  
If you MUST go out,  
ask them if you need to  
wear a mask

## STAY INFORMED:

Get Up to Date  
News and Information from  
The Center for Disease Control:

**WWW.CDC.GOV**

The Rhode Island  
Department of Health:

**WWW.HEALTH.RI.GOV**



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