

When leaving the home it is important to keep from getting COVID-19 infection and spreading it to others including those living in your household. Infection can be especially serious for people who are older or have medical problems such as heart or lung disease, diabetes, or whose immunity is compromised by illness or medication. To keep yourself and others safe, please follow this guidance.

- 1. Follow all local guidance for workplaces, businesses, schools and other events.** To reduce your risk of infection, avoid unnecessary trips in the community. If you are at higher risk for serious infection because of older age or medical problems, avoid social gatherings of any size.
- 2. Always use good protective behaviors.**
 - Keep at least 6 feet (2 meters) away from other people
 - Wash your hands frequently with soap and water or using hand sanitizer
 - Cover coughs and sneezes with a tissue or sleeve
 - Wear a cloth face covering, particularly if you are within 6 feet (2 meters) of others
 - Keep from touching your eyes, nose and mouth
 - Never share food or drinks
- 3. Be safe getting to work.**
 - Drive in a car by yourself, if possible
 - If you share a ride, be sure everyone in the car always wears a cloth face covering over their mouth and nose
 - If you use public transportation keep 6 feet (2 meters) away from others, if possible; avoid touching surfaces such as handrails or wear gloves, and wash your hands or use hand sanitizer as soon as possible after leaving public transportation
- 4. Be safe while you are at work.**
 - Practice all the good protective behaviors listed above; talk with your employer and co-workers about how you can do these successfully at work
 - Be careful when taking breaks and eating lunch – times you may not be wearing a face covering and putting your hands near your mouth; ensure good handwashing before eating and stay more than 6 feet (2 meters) away from others
 - Wash your hands or use hand sanitizer as soon as possible after leaving work
- 5. Be safe when in stores.**
 - Practice all the good protective behaviors listed above; Only visit stores or restaurants that have good measures in place to keep customers safe.
 - Be careful waiting in lines; stay at least 6 feet (2 meters) away from others
 - Wash your hands or use hand sanitizer as soon as possible after leaving the store
 - Use disinfecting wipes on shopping carts, handles or buttons before you touch them

By always following safe practices – at home, at work and in the community – you can reduce the chance that you will become ill from COVID-19 or spread it to others.

