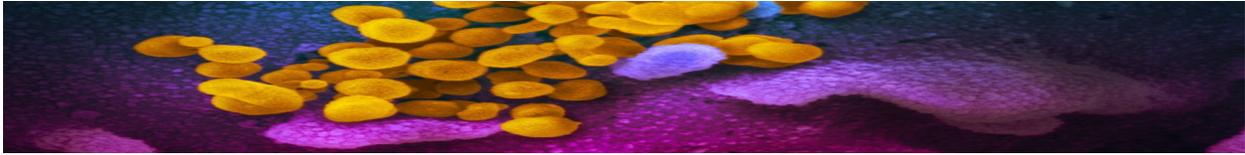


# What You Need to Know to Protect Yourself and Others From Coronavirus Disease 2019 (COVID-19)



## Who is at a Higher Risk?

- Older Adults: that means people over 60 years of age
- People who have serious chronic health conditions such as heart disease, lung disease and diabetes.

## How Can You Reduce Your Risk of Getting This Disease?

If you are at high risk because of your age or health conditions, it is extra important for you to take action to reduce your risk of getting sick with this disease. **Don't go out if you don't have to.** Staff can assist you to obtain the items you need instead of you going out. People at risk, who shelter in place (stay at home), have a better chance of survival.

**Examples of Necessary Outings into the Community:** Dialysis, Medical appointments if you are ill. **NOT** social events.

**Stay home** as much as possible. Work with staff to get needed items or order online.

## What Should You Do if You Must Go Out?

If you have to go out, there are some things you should do to protect yourself:

- Avoid use of elevator buttons, handrails or door handles as much as possible. Use a tissue or your sleeve to cover your hand if you must touch something. Wash your hands after touching surfaces in public places.
- Wash your hands often with soap and water or alcohol based hand sanitizer
- Stay away from others who are sick.
- Keep a three foot space between yourself and others. Avoid those who are coughing or sneezing. Do not hug someone or shake hands with others.
- Avoid touching your face, nose and eyes with your hands.
- Avoid crowds.
- If you must use public transportation: keep your distance from the driver. Sit on the opposite side in the back seat to maintain as much distance between yourself and the driver. Use your sleeve to cover your hand or use a tissue to open the door and then wash your hands!
- Wear a face mask if possible. Face masks should be used only once and then thrown away.

**When you return to the building, you need to clean your hands right away as you come in the door!**

**Going out in the community and being exposed to COVID-19 can potentially bring the virus back into the building and infect others!**