Help Stop the Spread of COVID-19

- Maintain a physical distance of at least 6 feet from other people.
- Wash your hands with soap and water for 20 seconds, or use a hand sanitizer that contains at least 60% alcohol.
- Wear a cloth face covering or mask when in public places.
- Wipe down or clean high-touch surfaces like light switches, doorknobs or counters.

Stay home if you do not feel well.

Stay outdoors – engage in outdoor activities whenever possible but remember to stay 6 feet apart.

Masks
What You Need to Know

- Wear a cloth face covering or mask when in public places.
- Masks should cover your nose and mouth.
- Wash your hands or use hand sanitizer before touching, putting on or taking off your mask.

Wash cloth face coverings or masks after each use.

Most people DO NOT need medical-grade face masks or N95 respirators – save these for health care providers.

For more information, visit idsociety.org/covid-19
For Parents

- **Children 2 years and older** should wear a mask in public places.
- **Ensure children are up to date** on vaccines and routine health care appointments.
- **Avoid playgrounds** – it is difficult to maintain physical distance and ensure that surfaces are clean.
- Wash clothes and toys regularly.

For Older Adults and Individuals with Underlying Conditions

- **Limit interactions** with people outside of your household.
- **Continue medications** unless advised otherwise by your health care provider.
- **Maintain at least a two-week supply of prescription and non-prescription medications.** Discuss options, such as mail-order or a 60- to 90-day medication, with your provider to reduce trips to the pharmacy.
- **Stay up to date with vaccinations.**
- **Seek medical care when needed** – do not avoid the hospital or your provider’s office. Call them and ask about specific precautions being taken to protect patients from COVID-19.
- **Contact your health care provider** if you do not feel well or think you may have COVID-19.

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