

COVID-19 UPDATE



Home Sweet Home

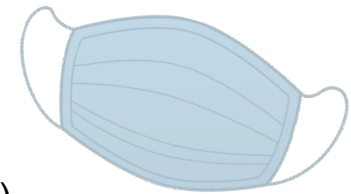
- “Shelter in place” means **Stay Inside! Stop Moving!**
- **DO NOT** hang out or play sports outside with others in places like parks or porches.
- **DO NOT** go to others’ homes to socialize and do not have visitors.
- **DO NOT** have family gatherings.
- **DO NOT** leave your home except for essential needs. (work, groceries)
- When returning home, take off your shoes and leave them at the door.
- Wash your hands right away for 20 secs with soap and warm water.
- Daily, clean things you touch multiple times a day (remote, cellphone, handles).
- Let cardboard-packaged mail sit for 24 hours before you touch it, and let plastic packages sit for 72 hours.



If You Must Go Out – **Wear A Mask**



- **DO NOT** place a mask on kids 2yrs old or younger. Use a blanket to cover infant carrier.
- Avoid close contact.
- Leave at least 6 feet between yourself and others.
- Only ride the bus if you **MUST** (work, pharmacy, urgent care).
- Wash your hands often or use a hand sanitizer that contains at least 70% alcohol.



- **Diluted Bleach Disinfectant:** Mix: 5 tablespoons (1/3 cup) bleach per gallon of water OR 4 teaspoons bleach per quart of water.
- **Dish Washing:** Add a capful of bleach to soap and water.
- **Hand Washing:** Sing “Happy Birthday” (2x’s).
- **DIY Mask:** See steps for creating a homemade cloth mask below.

Exposed or Experiencing COVID-19 Symptoms



Check Your Symptoms, Call Ahead!

- COVID-19 symptoms include fever, cough or shortness of breath.
- Contact a health provider at 866-443-2584 to complete the COVID-19 Symptom Checker. <https://www.advocateaurorahealth.org/coronavirus-disease-2019>
- Call 866-443-2584 before you arrive at the doctor's office, urgent care or emergency room.

Stay Home



- **DO NOT** leave your home, except to get medical care.
- **DO NOT** visit public areas.
- **DO** separate yourself from others in your home until instructed by health provider.
- **DO** wear a mask if you live with others until instructed by a health provider.
- **DO** avoid sharing personal items with other people in your household.



If your symptoms are life-threatening, call 911 immediately!

Trouble breathing, Persistent chest pain or pressure, New confusion or Unable to awake.

How to Make a Cloth Mask

This 3-step no-sew mask is easy to make, but it's important to note that these are made using fabric that is thick and fits snugly to your face.

What you'll need:

- T-shirt
- Scissors

