



Del Mar Caregiver Resource Center
A program of Health Projects Center

HOW TO PREVENT SPREADING THE VIRUS

There are two ways to prevent the spread of infections:

- Prevent yourself from getting sick, and
- Prevent others from catching the virus from you.

To Prevent yourself from getting sick:

- Wash your hands often with soap and water (preferred), or use an alcohol-based hand sanitizer. (60% proof or higher recommended).
- Avoid touching your eyes, nose, and mouth.
- Avoid close contact (within 6 feet) with anyone who is sick.
- Avoid crowded places.
- Keep your immune system strong by getting enough rest, eat a balanced diet, and perform some type of exercise each day.

To prevent others from catching the virus from you:

- Stay home from work, school, and public areas if you're sick, except for medical visits.
- If you must leave the house for a medical visit, call the doctor in advance and wear a face mask to protect others.
- Separate yourself from other people and animals in the home as much as possible. In other words, try to stay in a separate room with the door closed.
- Cover your mouth and nose with your elbow or tissue when you cough or sneeze.
- Clean and disinfect surfaces you touch frequently.
- Avoid sharing dishes, glasses, bedding and other household items if you're sick.

Source: In the Know (2020)