

# PREPARE!

## DON'T PANIC over COVID-19



Wash your hands with soap and water for at least 20 seconds, especially before eating. Hand sanitizers with a minimum of 60% alcohol are easy to carry.



Keep your hands away from your face. Germs can enter our bodies through our eyes, nose, and mouth.



Always be prepared with extra food and medication in case you can not leave your home due to illness or disaster.



Clean surfaces with disinfectants. Viruses can live up to 48 hours on surfaces. Follow directions to see how long the disinfectant needs to sit before wiping.



Please keep your germs to yourself. Stay home when ill. Make arrangements for child or eldercare if you work. Talk to your employer.



Stay informed through reputable sources such as the Centers for Disease Control and Prevention (CDC), Connecticut Department of Public Health or Ledge Light Health District.