Protect Yourself and Others From COVID-19

Know How it Spreads
• The best way to prevent illness is to avoid being exposed to this virus
• The virus is thought to spread mainly from person-to-person
   » Between people who are in close contact with one another (within about 6 feet)

Clean Your Hands Often
• Wash your hands often with soap and water for at least 20 seconds
• If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry

Avoid Close Contact
• Avoid close contact with people who are sick.
• Put distance between yourself and other people if COVID-19 is spreading in your community. This is especially important for people who are at higher risk of getting very sick.

Stay Home If You’re Sick
• Stay home if you are sick, except to get medical care.
• If you have been out of state in the past two weeks and you have a fever, cough and shortness of breath, call ahead before seeking care.
   » In villages, call your clinic. In Bethel, call 543-6949.

Clean and Disinfect
• Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
• If surfaces are dirty, clean them: Use detergent or soap and water prior to disinfection.