



COVID-19 PREVENTION TIPS

TAKE EVERYDAY PRECAUTIONS TO PREVENT THE SPREAD OF THE VIRUS

- 1 REMAIN CALM.**
Do not panic.
- 2 FOLLOW THE SCIENCE.**
Credible sources only.
- 3 WASH YOUR HANDS FREQUENTLY.**
If you must touch an object, use soap & water or hand sanitizer following contact.
- 4 KEEP SURFACES CLEAN.**
Leave your shoes in the garage or outdoors. Coming from work, grocery store or other essential business, wash your hands before making contact with items in your car or home.
- 5 AVOID TOUCHING YOUR FACE.**
If you are working with people, do not touch your face and most importantly your eyes. This takes some awareness and control.
- 6 KEEP PHYSICAL DISTANCE FROM OTHERS.**
This will be our new norm for a while.
- 7 CUT DOWN THOSE LONG NAILS.**
- 8 DO NOT VISIT OTHER FAMILY MEMBERS OR FRIENDS.**
Keep to your own household.
- 9 FIND WAYS TO STAY CONNECTED.**
via Zoom, Marco Polo or other apps.
- 10 STAY HOME, STAY HOME, STAY HOME.**
This is not the time to increase your outdoor activities. Keep whatever you do to your own personal space. It's hard, but we must do this.

TIPS BY UNAC/UHCP EXECUTIVE VICE PRESIDENT CHARMAINE MORALES, RN