



NEAR WEST SIDE

# Protect Yourself FROM COVID-19



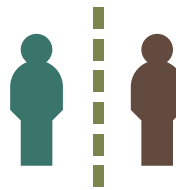
## WASH YOUR HANDS

- Use soap and warm water for 20 seconds, especially after coughing, sneezing, or being in public.
- When using hand sanitizer, rub it all over your hands until they are dry.
- Always avoid touching your eyes, nose, and mouth.



## CLEAN & DISINFECT OFTEN

- Clean and disinfect frequently touched objects and surfaces such as: tables, handles, doorknobs, light switches, buttons, and touch screens.



## STAY 6FT AWAY FROM EVERYONE

- Keep a 6ft distance from others, especially those that have a high risk of contacting the virus.
- You are considered high risk at ANY age and even more if you are older and have serious medical conditions.



## FIND A SAFE PLACE TO AVOID EXPOSURE

- Limit close contact with anyone outside your safe space.
- Find a safe place to limit contact with infected people and contaminated surfaces.

## COVID-19 IS SERIOUS

COVID-19 is 10 times more deadly than the flu

Currently, there is no cure so avoiding exposure is important.

Wear a mask & gloves when you're sick or around someone sick.

LEARN MORE AT [NEARWESTSIDEMKE.ORG](http://NEARWESTSIDEMKE.ORG)



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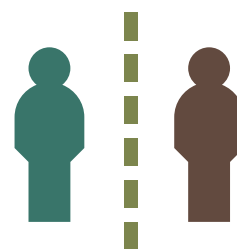
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