

COVID-19

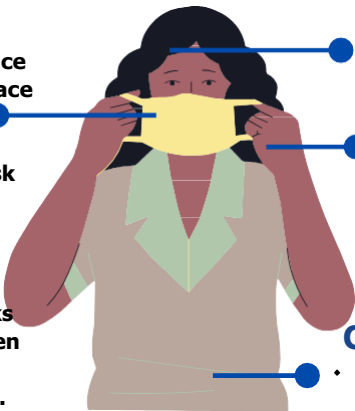
STOP THE SPREAD AT HOME

What to do when you or a loved one is infected.

HYGIENE TIPS

MOUTH

- Wear a face mask or face shield.
- If in car, wear mask & put windows down.
- NO cloth face masks for children younger than 2yrs.
- Avoid kissing



EYES

Wear protective eye gear (glasses)

HANDS

ALWAYS wash your hands

CLOTHING

- Wear a jacket when dealing with infected.
- DO NOT share clothing, sheets, or pillows.



BATHROOM

- Sanitize EVERYTHING.
- Clean after every use.
- Patient gargle Listerine every morning & night.



PROTECT



- If infected, notify everyone in contact from the past 10 days.
- Ask Dept. of Health for further assistant.
- Call 211 for FREE delivery services.



If you are feeling sicker, DON'T WAIT. Call your doctor immediately.

SELF ISOLATION



- Sick should be separate from household.
- Room with window preferred
- Aerate room 3x day.
- Create a room divider with sheet.



- Keep water and sanitation liquids near
- Keep garbage bag in room.
- Don't cuddle with pets.



Practice social distancing

KITCHEN



- Use SEPARATE utensils.
- Clean utensils separately.
- If sick avoid the kitchen.



#STOPHESPREAD

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