5 Tips for Coronavirus Safety

1. AVOID CROWDS OF MORE THAN 10 PEOPLE
   - Stay Indoors
   - Enjoy quiet outdoor spaces
   - Stay at least 6 feet apart
   - Walk your dog
   WHEN: • If you feel sick
          • If you feel healthy
          • Until the epidemic is over in your area
   HOW: • ‘Crowd’ means any big group of people
          • ‘Big’ means you can’t keep 6 feet (2m) apart
          • Avoid shaking hands
          • Important even if you are healthy!

2. STAY HOME IF YOU’RE SICK
   - DO: Stay in bed
   - DO: Watch TV
   - DON’T: Use public transport
   WHEN: • Fever
          • Cough
          • Shortness of breath
   HOW: • Stay at home, even after symptoms are gone until a doctor says it’s OK
          • Call doctor first before seeking care
          • Avoid public areas, school, or work
          • Don’t use public transit, taxis, or ride share services
          • Wear a mask if you have to go out

3. CLEAN FREQUENTLY USED SURFACES
   - Door knobs
   - Taps and faucets
   - Toilet handles and seat covers
   - Light switches
   - Countertops and tables
   - Cellphones and TV remotes
   WHEN: • Once a day
          • After heavy use
          • When used by someone sick
   HOW: • Soap and water will work
          • Cleaning alcohol, if at least 70%
          • Household bleach diluted 4 teaspoons (30ml) per quart (950ml)

4. COVER COUGHS & SNEEZES
   - Into a tissue or handkerchief
   - Into your sleeve or elbow
   WHEN: • If you’re sick
          • If you have allergies
   HOW: • Put used tissues in the trash
          • Wash your hands right away

5. CLEAN HANDS OFTEN
   - Wash for 30 seconds
   - Sing the alphabet
   WHEN: • Entering a building
          • Getting home
          • Using the bathroom
          • Being in a crowd
          • Sneezing or coughing
          • Taking the bus, train, ride share, or subway
          • Before eating or making food
   HOW: • Soap and water is best
          • Hand sanitizer is OK
          • Both sides of your hands
          • Under your nails
          • Between your fingers
          • Don’t forget thumbs
          • Dry completely

Copy provided by Eleanor Murray, epidemiologist from the Boston University School of Public Health, and Benjamin Linas, MD, MPH, Associate Professor of Medicine Boston University School of Medicine.