



## The Woodland Community Education Sheet

1. Avoid contact with people who are sick
  - Do not touch, hug or shake hands
  - Keep a 6 foot distance from others
  - Avoid crowded areas
    - Shop during non-busy times
    - Sanitize shopping carts and baskets
    - Avoid touching as many surfaces as you can
    - Hand sanitize or wash your hands for at least 20 seconds as soon as you can
2. Cover your cough or sneeze with a tissue, then throw the tissue in the trash
  - Hand sanitize or wash hands for at least 20 seconds after cough/sneeze
  - If no tissue available, cough/sneeze into elbow (never into hands)
3. Avoid touching your eyes, nose and mouth
  - If you have to touch your face:
    - Ensure hands are washed/sanitized before touching your face
    - Use the back of your hand
4. Clean and disinfect frequently touched objects and surfaces
  - At home and at work
5. Stay home when you are sick, except to get medical care
  - Report your known exposure to someone who is sick immediately
6. Wash your hands often with soap and water for at least 20 seconds
  - Covering all surfaces of the hands up to the wrists including front and back and fingernails
7. Avoid travel outside of the state or local areas. Do not travel to states that have declared a state of emergency related to infections.
8. Do not travel via airplane or cruise ship
9. Do not attend conferences, concerts or group meetings with a crowd