HOW TO BE PREPARED FOR
CORONAVIRUS (COVID-19)
Keeping yourself and your family safe around respiratory illnesses

WASH YOUR HANDS
It's important. Most of us don’t do it enough or aren’t good at it. Scrub for 20 seconds. If you can’t wash, use a hand sanitizer with at least 60% alcohol.

STAY HOME IF YOU'RE SICK
If you need medical care and think you may have been exposed to coronavirus, call your medical provider for instructions before going in.

KEEP GERMS OUT OF THE AIR
Cough or sneeze into your elbow, not your hands. Or, use a tissue and throw it away.

SOCIAL DISTANCING
Someone coughing? Move away – 6 feet or more.

DISINFECT SURFACES
Clean frequently-touched surfaces at home. Wash your hands after visiting public spaces.

ALWAYS BE READY
Risk of exposure remains low. But, start thinking about general, daily supplies – water and food staples or medications, for example. Visit www.ready.gov for suggestions.

MASKS
The CDC now recommends wearing cloth face coverings in public settings where other physical distancing measures are difficult to maintain, such as the grocery store and pharmacy.

KEEP RISK IN PERSPECTIVE
Every year Johnson County receives reports of thousands of flu cases. Practice good prevention (handwashing, staying home if sick, etc.). Get a flu shot if you haven’t.

RELIABLE INFORMATION
Make sure you’re getting accurate information. Bookmark www.jocogov.org/coronavirus and follow the Johnson County Department of Health and Environment on social media.