

Protect yourself from COVID-19

On June 11, the Johnson County Board of County Commissioners voted that Johnson County will now follow the voluntary recommendations and guidance in the state's *Ad Astra: A Plan to Reopen Kansas*. This includes the following precautionary measures: washing your hands, staying at home if you are sick, physical distancing from others, and wearing a mask when out in public. More tips to protect yourself and others are listed below.



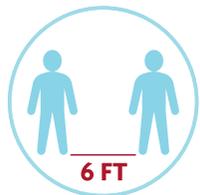
Wash or sanitize your hands regularly.

Frequent hand-washing remains one of the best and easiest ways to prevent the spread of disease, including the coronavirus. Hand-washing is preferred, but an alcohol-based hand sanitizer is a good thing to keep in your car or purse and at your desk at work.



Avoid touching your face.

Keep your hands away from your eyes, nose and mouth, especially after contact with high-touch surfaces such as doorknobs, bathroom sinks, elevator buttons, front counters in offices or restaurants, and public transit.



Maintain 6 feet of distance from others when possible.

When you're at a restaurant or business, pay attention to the distance between your group and the one next to you. If you are seated less than 6 feet apart, ask for more space. Transmission is more likely the longer you are close to someone, so it's okay to be close very briefly, such as passing in the aisle at a grocery store.



Wear a barrier mask when distance is not possible.

In some situations, such as a hair or nail salon, 6 feet of distance is not possible. Both parties should wear a barrier mask (cloth or disposable) to reduce the risk of transmission. Employees in these types of situations should disinfect surfaces and wash their hands frequently.



Cover your cough or sneeze.

Droplets from your cough or sneeze travel much farther than droplets from breathing or talking and have a higher potential to infect others. Even if you don't think you have the coronavirus, you should always cover your mouth when you cough or sneeze to avoid spreading germs.



Enjoy the great outdoors.

Better air circulation and wide open spaces make outdoor activities a safer choice. If you eat at a restaurant, ask for outside seating when possible. If you want to meet up with a friend, lunch at the park (6 feet apart, of course) is your best bet.



Keep social contacts limited.

If possible, limit your contacts to those in your household, even when you go out.



If you are sick, stay home.

If you have any symptoms of illness, including cough, fever, shortness of breath, fatigue, or chills, stay at home and call your primary care doctor to see if you should be tested for COVID-19.