**CORONAVIRUS (COVID-19): HOW TO PROTECT YOURSELF AND OTHERS**

**STAY HOME AS MUCH AS POSSIBLE**

**ONLY GO OUT IF YOU MUST**
- **FOR EXAMPLE**
- Go out for medical needs
- Don’t go out for a haircut

**AVOID CROWDS**
- If the place you’re going has a lot of people, don’t go in!
- Go back later

**KEEP YOUR DISTANCE**
- If you absolutely MUST go out, keep 6 feet between you and other people

**STAY INFORMED:**
- Get Up to Date News and Information from The Center for Disease Control: [WWW.CDC.GOV](http://WWW.CDC.GOV)
- The Rhode Island Department of Health: [WWW.HEALTH.RI.GOV](http://WWW.HEALTH.RI.GOV)

**PAY ATTENTION TO GOOD HYGIENE**

**WASH YOUR HANDS**
- Wash them for 20 seconds every time
- **DO THIS A LOT**

**CLEAN & DISINFECT**
- Do this to all of the surfaces you touch everyday
- **DO THIS A LOT**

**DO NOT TOUCH YOUR FACE**
- Keeps hands OFF of your eyes, nose, mouth and ears

**COVER YOUR COUGH/SNEEZE**
- Cough or sneeze into your elbow, or in a tissue
- **THROW AWAY USED TISSUES**

**TAKE CARE OF YOURSELF**

**IF YOU FEEL SICK**
- **CALL YOUR DOCTOR**
- Do not go to your doctor’s office unless they tell you to

**IF YOU ARE SICK**
- **LISTEN TO YOUR DOCTOR**
- If you MUST go out, ask them if you need to wear a mask

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Created by Advocates in Action RI and the RI DD Council
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