

# HOW TO BE PREPARED FOR CORONAVIRUS

Keeping yourself and your family safe around respiratory illnesses



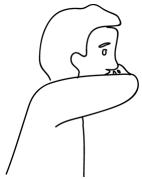
## WASH YOUR HANDS

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.



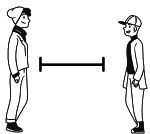
## STAY HOME IF YOU'RE SICK

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](http://www.ready.gov) for suggestions.



## MASKS

Masks are not a good prevention tool for healthy people. If you are sick, masks can help prevent the spread of germs. Health care workers or others caring for sick people should wear appropriately fitted masks (such as N95 respirators).



## KEEP RISK IN PERSPECTIVE

Flu is actively circulating in Branch, Hillsdale and St. Joseph Counties. Novel coronavirus is not. 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.bhsj.org](http://www.bhsj.org) to get updated information.