

Preventing the Spread of COVID-19



What else can you do to control the spread of COVID-19?

- UNDERSTAND HOW IT SPREADS... it spreads person to person when an infected person coughs or sneezes. It may also be possible that it survives on surfaces where it can transfer by touch
- INFECTION CONTROL... follow basic infection control as outlined above
- AVOID PUBLIC AREAS... theaters, movies, shopping centers, public transportation, taxis, ride-sharing
- SOCIAL DISTANCING... maintain a distance of at least 6 feet from others when possible
- VISITORS... limit visitors & question on their exposure and travel risks
- FACE MASKS... should be worn by anyone WITH symptoms to prevent them spreading the infection.
- SYMPTOMS... cough, fever, difficulty breathing; appear 2-14 days after exposure
 - If you develop symptoms: self-isolate, wear a mask, call your healthcare provider & tell them you suspect COVID-19, follow their instructions, call your Always Best Care office