Protect Yourself and Others From COVID-19

Know How it Spreads

- The best way to prevent illness is to avoid being exposed to this virus
- The virus is thought to spread mainly from person-to-person
 - » Between people who are in close contact with one another (within about 6 feet)

Clean Your Hands Often

- **Wash your hands often** with soap and water for at least 20 seconds
- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol.** Cover all surfaces of your hands and rub them together until they feel dry

Avoid Close Contact

- **Avoid close contact** with people who are sick.
- Put **distance between yourself and other people** if COVID-19 is spreading in your community. This is especially important for people who are at higher risk of getting very sick.
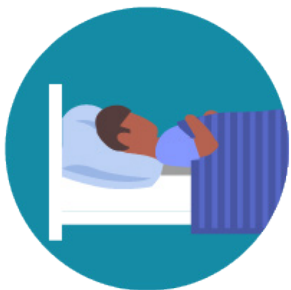
Stay Home If You're Sick

- **Stay home** if you are sick, except to get medical care.
- **If you have been out of state in the past two weeks and you have a fever, cough and shortness of breath, call ahead before seeking care**.
  - » **In villages, call your clinic. In Bethel, call 543-6949.**

Clean and Disinfect

- **Clean AND disinfect frequently touched surfaces daily.** This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- **If surfaces are dirty, clean them:** Use detergent or soap and water prior to disinfection.

Yukon-Kuskokwim
HEALTH CORPORATION

www.ykhc.org/covid19