



Tips to Prevent the Spread of COVID-19

Patient Education

Avoid crowds.

A crowd means any big group of people.

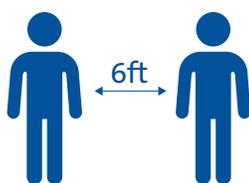
To practice physical distancing:



Stay home as much as possible



Enjoy quiet outdoor spaces only with others in your household



Stay at least 6 feet apart



Walk your pet



Do not hold hands

Stay home if you feel sick.

Your provider can tell you if you need an evaluation.

If you have a fever, cough and/or runny nose:



Contact your provider before getting care



Stay in bed



Watch TV or read a book



Do not use public transportation, if possible



Wear a mask if you have to go out



Do not go to public areas, school or work

Cover coughs and sneezes.

Do this when you are sick and if you have allergies.

Remember to do these important things:



Use a tissue or handkerchief



Use your sleeve or elbow



Put used tissues in the trash



Wash your hands



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Clean frequently used surfaces. Do this daily, after heavy use or after someone who is sick uses an area.

Use soap and water, 70% alcohol, or diluted household bleach (4 teaspoons per quart of water):



Door knobs



Taps and faucets



Cell phones and TV remotes



Light switches



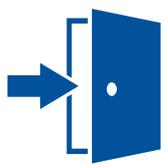
Toilet handles and seat covers



Counter tops and tables

Clean your hands often. Do this for 20 seconds or while singing the alphabet song.

Use soap and water or 60% alcohol hand sanitizer to clean your hands when you:



Enter a building and home



Use the bathroom



Sneeze or cough



Take public transportation



Eat or prepare food

NOTE: Acknowledgment to Ellie Murray, Boston University School of Public Health for development of content reproduced here with slight modifications for Duke Health. See github.com/eleanormurray/COVID_19 for open access links to similar documents translated into numerous other languages.