

# Protect Your Family and Your Home

## Practice good hygiene.

Wash with soap and water for two verses of "Happy Birthday." Sneeze into your arm or a tissue.

## Prepare your home.

Most household cleansers can kill coronavirus. Clean the surfaces (door handles, tables, railings, electronic devices, TV remote controls, toys) that get touched regularly, at least once per day.

## Limit your time in crowded public spaces to limit your risk of exposure.

Stay home if you have a cough or don't feel well. Stay three to six feet away from anyone who is ill.

## Prioritize your health.

Get a good night's rest, eat healthy, exercise. There's still time to get a flu shot, if you haven't already.

## Make sure you have essential foods and medications.

Shop with purpose and aim for a seven-to 14-day supply so that if you don't feel well, due to coronavirus or other illness, you can stay home until you recover. Make sure your prescriptions are stocked and up to date.

## Create a [Family Disaster Preparedness Plan](#) and a supply kit.

Include water or hydrating drinks, nonperishable food, and fever reducers like acetaminophen or ibuprofen.

## *Do I need to wear a mask?*

Face masks are designed to prevent the spread of droplets from coughing or sneezing. There is no need for healthy people to wear a face mask. Face masks should only be worn by individuals with respiratory infections, health care workers, and people taking care of somebody, or in close contact with somebody who has a respiratory infection.

### *Visit*

[www.emergencyphysicians.org/COVID19](http://www.emergencyphysicians.org/COVID19)

*for more patient information.*