

# 'WE ARE NOT DONE WITH COVID-19'

– Dr. O'dell Moreno Owens, President & CEO, Interact for Health



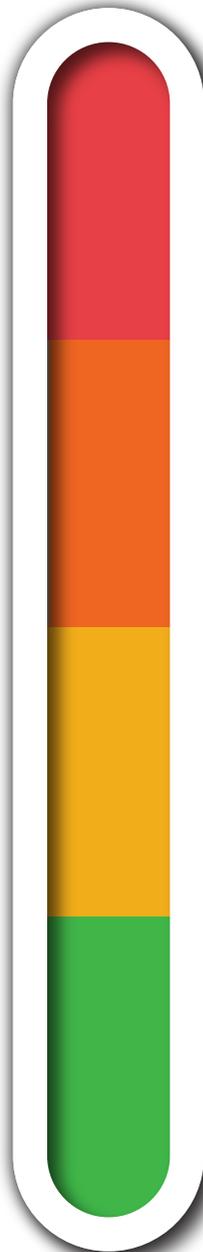
As the virus continues to spread, we need to find the right balance of resuming necessary activities and taking steps to protect our families.

## Activity risks

Distance to other people, the environment, the activity and time spent together all play a role in the risk of coronavirus transmission. Social distancing, wearing masks and hand washing can reduce risks in most situations.

### Questions to ask

- Is the event indoors or outdoors?
- How many people are attending?
- Is it possible to social distance from others outside my family?
- How likely are other attendees to be wearing masks?
- Are hand washing facilities available?
- Will food be served? How is food prepared?
- Are COVID-19 cases increasing in my area or in the areas where others attending live?
- Are others attending likely to have been exposed to COVID-19 through their work or leisure activities?
- Are any of my family members at high risk for infection?



### HIGHEST RISK

Indoor gatherings with people who do not live with you.

### MEDIUM HIGH RISK

Outdoor gatherings with large groups of people who do not live with you.

### MEDIUM LOW RISK

Outdoor activities with small groups of people who do not live with you.

### LOWEST RISK

Home alone or with housemates.

# Everyday steps to clean, disinfect your home

Regularly clean frequently touched surfaces, such as tables, doorknobs, countertops, desks, phones, keyboards, toilets, faucets, sinks, etc.

For hard surfaces, wipe down first with soap and water and then use an EPA-registered disinfectant. For soft surfaces and electronics, follow manufacturer's directions for cleaning or laundering to protect yourself.

When cleaning, you may want to wear gloves and open windows or run a fan to ventilate the space.

Use cleaning products as directed on label. Avoid mixing, and store away from children and pets.

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If someone in your household is ill, additional cleaning measures are necessary. Visit <https://www.cdc.gov/coronavirus/> and click "How to protect yourself."



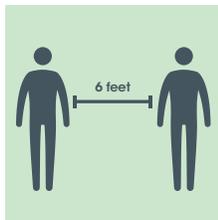
## And remember to ...



Wash hands often with soap and water. (If not available, use hand sanitizer.)



Wear a cloth face covering or mask when you go out.



Maintain 6 feet between yourself and others in public.



Avoid touching your eyes, nose or mouth and avoid contact with people who are sick.



Cover your mouth/nose with a tissue or sleeve when coughing or sneezing.



Stay home while you are sick and avoid close contact with others.

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Learn more at  
[www.interactforhealth.org/covid-19](https://www.interactforhealth.org/covid-19)