

COVID-19: Health & Safety Precautions



Precautions to Take

We are only as safe as our community members who are most at risk. You can adopt the following practices to protect your health and the health of those around you:

- **Stay home and avoid non-essential contact.** The [symptoms of coronavirus](#) can include fever, shortness of breath and tiredness, but even if you aren't showing symptoms you can still carry the virus and risk infecting others.
- **Wear a mask and gloves** if you need to leave home. Touching your face with your hands in public, such as at the grocery store, increases your risk for coronavirus infection. If you don't have masks and gloves, check out our tips below for replacing these with common household items.
- **Wash your hands often with soap and water**, especially after you leave home or touch surfaces in a shared space, such as door handles and elevator buttons.
- **Clean and disinfect your home**, including objects like your cell phone, wallet and car keys. We suggest following [these cleaning recommendations](#) by the Center for Disease Control and Prevention.

Don't have a mask or gloves? Check out these replacements.

Masks and gloves protect our immune systems when we're in public. For example, at the grocery store your hands will pick up a huge amount of germs as you push your cart, select products from the shelves and open refrigerator doors.

Then, when you touch your face at the grocery store, you're transmitting these germs into your eyes, nose and mouth. This puts you at risk for infecting yourself and those around you with coronavirus.

Masks - Check out [these guidelines](#) from the Center for Disease Control and Prevention's (CDC) about using face coverings. If you don't have masks readily available, consider wearing a scarf over your nose and mouth when you leave home. Make sure the scarf is wrapped tightly; this will help prevent germs from entering your system.

This [CDC website](#) includes two no-sew methods for creating masks: one with a t-shirt, and one with a bandana and rubber bands (or hair ties). You can also create masks using a single [sock](#), so you finally have a use for those un-matched socks lying around.

Gloves - Covering your hands will further prevent the spread of coronavirus. If you don't have the rubber gloves you'd see in a doctor's office, consider using gardening gloves, winter gloves or the rubber gloves you'd use washing dishes or cleaning your bathroom