

## Take Steps to Prevent Infection

As we strive to keep safe from COVID-19, there are several common-sense steps you can take to protect yourself and your family. Please follow the safety precautions below, which are recommended by the Centers for Disease Control and Prevention (CDC):

### Avoid close contact

- COVID-19 spreads through droplets when an infected person coughs or sneezes, so keeping away from people is safer.
- Put six feet or more of distance between yourself and others, especially if you are at higher risk of getting very sick (this includes older people and people of any age who have serious underlying medical conditions).

### Clean your hands

- Wash your hands often with soap and water for at least 20 seconds. This is especially important after you have been in a public place, or after blowing your nose, coughing or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60 percent alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Do not touch your eyes, nose or mouth with unwashed hands.

### Take steps to protect others

- Stay home if you're sick, except to get medical care.

- Cover your mouth and nose with a tissue when you cough or sneeze, or use the inside of your elbow.
- Throw used tissues in the trash.
- Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, use hand sanitizer.

### 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 with detergent or soap and water before disinfection.

This information is from the Centers for Disease Control (CDC) website. For more specific, updated information, please visit:

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>



If an Agrace HospiceCare patient develops a new fever or new respiratory symptoms, please call your Agrace care team or (800) 553-4289 for advice.