

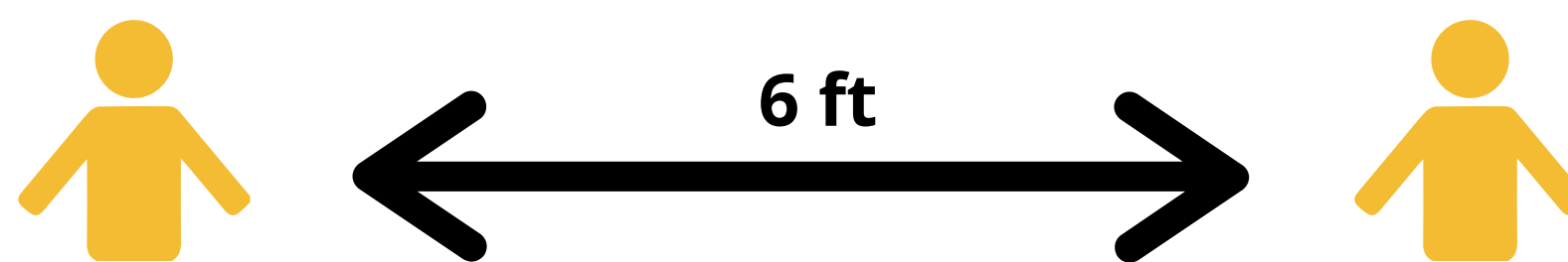
PROTECT YOURSELF & YOUR FAMILY FROM COVID-19

↑ SAFER AT HOME ↑

Stay at home with just people in your household
Only go out for things you need, like food & medicine



If you must go out, stay 6 feet away from others



PROTECT YOURSELF IF YOU MUST GO OUT

- **Reduce outings-** Plan meals. Get enough for 1 week, but no more
- **Reduce exposure-** Go alone if possible
- **Sanitize** the cart, avoid touching your face, & wash hands as soon as you get home
- **Practice social distancing-** Stay 6 feet away from others
- **Use cards** instead of cash
- **Avoid** inviting people over or accepting invitations for now
- **Reschedule** parties & family gatherings
- **Participate** in church or other activities virtually
- **Stay connected** through FaceTime, phone, email, & social media



HAMILTON COUNTY
HEALTH DEPARTMENT

QUESTIONS OR CONCERNS ABOUT THE CORONAVIRUS

(COVID-19)?

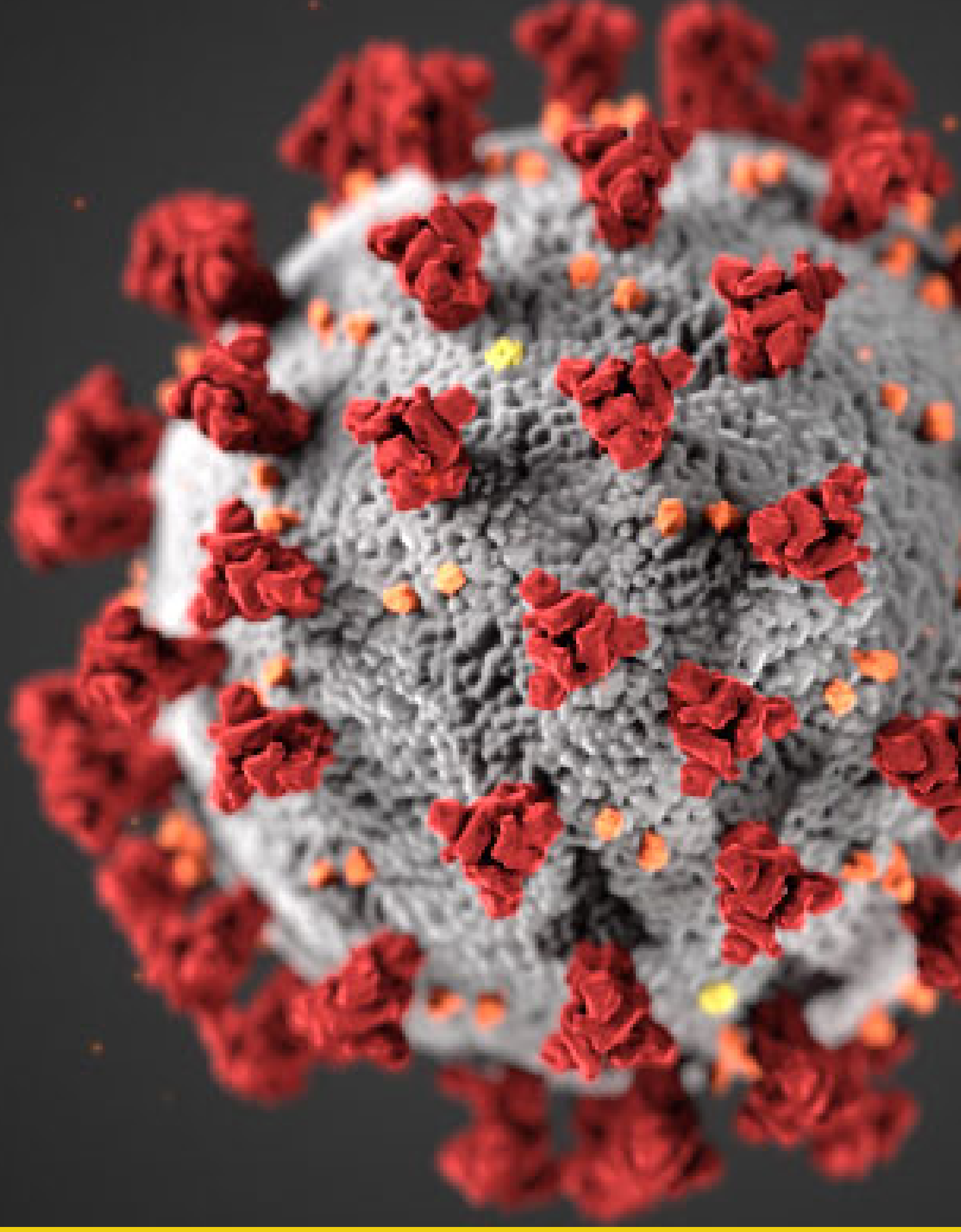
Call the Hamilton

County Health

Department's Hotline for

up-to-date, reliable, &

accurate information.



423-209-8383

