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