Coronavirus disease 2019 (COVID-19) causes respiratory illness and can spread between people in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes. It is also possible for COVID-19 to spread by touching contaminated surfaces or objects and then touching your mouth, nose or eyes. Following are simple ways to help keep yourself and others healthy. For complete information visit www.cdc.gov.

OFFICE PRIDE®

Commercial Cleaning Services

Reducing Risk of Coronavirus Disease (COVID-19) and Other Respiratory Illnesses

Recommended Measures:

CLEAN HANDS
Wash hands often, with soap and water for at least 20 seconds. If soap and water are not available use a hand sanitizer that contains at least 60% alcohol.

DON'T TOUCH
Avoid touching your eyes, nose or mouth with unwashed hands to help prevent viruses from easily entering the body.

COVER YOUR NOSE AND MOUTH
Cover your nose and mouth with a tissue or the crease of your elbow when you sneeze or cough. Dispose of the tissue and wash your hands.

SOCIAL DISTANCING
Stay home if you are sick. Minimize contact with others for at least 24 hours after fever is gone or until your doctor releases you.

SEE A DOCTOR
If you suspect illness, see your doctor to help reduce severity.

CLEAN AND DISINFECT SURFACES
Clean frequently-touched surfaces and objects often and follow cleaning instructions to ensure proper disinfection.

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