

## PHASE 4: REVITALIZATION

### GENERAL GUIDELINES

The CDC and similar agencies continue to provide evolving guidance regarding how people can minimize exposure to COVID-19. Please do your part to help stop the coronavirus.

1. Monitor yourself for symptoms of COVID-19, and stay home if you are experiencing any of the symptoms.
2. Practice social distancing, keeping, at minimum, 6 feet of distance between yourself and other people.
3. Cough or sneeze into your elbow or tissue, not your hands. If using a tissue, use it only once and dispose of it in a lined trash can, then wash your hands.
4. Do not touch your face with your hands, especially your eyes, nose, and mouth.
5. Cover your nose and mouth with a cloth face covering when in public.
6. Wash your hands often with soap and water for at least 20 seconds. If soap and water are not readily available, use hand sanitizer containing at least 60% alcohol.
7. Regularly clean and disinfect surfaces.
8. Monitor yourself for symptoms of COVID-19.
9. Stay updated on preventive steps, such as by visiting the CDC's website page regarding prevention.

**STOP CORONAVIRUS**

