

# COVID-19

## Tips for Staying Safe

### REPORT SYMPTOMS

#### Let staff know how you feel



Some symptoms include fever, cough, shortness of breath, pressure in the chest, and confusion.

### WASH YOUR HANDS

#### Don't forget the soap



Wash your hands with soap for at least 20 seconds. After coming into contact with frequently touched surfaces, such as doorknobs and tables, make sure to wash your hands before touching your eyes, nose, or mouth.

### STRESS AND COPING

#### Take care of your body



Continue taking your prescribed medication, eat healthy, and drink enough water. Get plenty of sleep. Avoid alcohol and drugs.

### PERSONAL HYGIENE

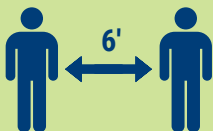
#### Don't spread germs



Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow. Don't forget to wash your hands afterward.

### PHYSICAL DISTANCING

#### Keep a personal radius



Stay at least six feet away from other people, including in sleeping areas. When sleeping, make sure you are head-to-toe with those around you.

### ESSENTIAL OUTINGS

#### Wear a cloth face covering



You can be infected and not show any symptoms. Wearing a cloth face covering can lower the risk of community spread when physical distancing is difficult to maintain.



WISCONSIN DEPARTMENT  
of HEALTH SERVICES

P-02620E (04/2020)

[www.dhs.wisconsin.gov/covid-19](http://www.dhs.wisconsin.gov/covid-19)