

10 STEPS TO PREVENTING CORONAVIRUS (OR COVID-19)

The United States and the world are facing the very real threat of the widespread transmission of coronavirus (COVID-19). COVID-19 is also preventable and treatable. Be Vigilant. Be Prepared. Don't Panic.

There are also disturbing reports of Asian American communities encountering racist stereotyping and xenophobia since the virus originated in Wuhan, China. The CDC states that COVID-19 has the potential to affect all communities, regardless of race or ethnic background. Help stop fear and rumors by letting people know that being of Asian descent does not increase the chance of getting or spreading COVID-19. This is the time for solidarity, not stigma!

HERE ARE 10 STEPS YOU CAN TAKE TO HELP TO PREVENT THE SPREAD OF COVID-19:

- 1. STAY CALM.** Think carefully about how you can help your community and loved ones.
- 2. STAY AT HOME IF YOU ARE SICK.** We want everyone to stay as healthy as possible.
- 3. IF YOU BELIEVE YOU WERE EXPOSED TO COVID-19,** or have a fever, cough, or shortness of breath, call your healthcare provider immediately.
- 4. COVER YOUR NOSE AND MOUTH WHEN YOU SNEEZE.** Make sure you use tissues and throw them away in a lined trash can.
- 5. AVOID SHARING HOUSEHOLD ITEMS.** This applies to cups, eating utensils, bedding, and towels.
- 6. DISINFECT OBJECTS AND SURFACES IN YOUR HOME AND AT WORK.** Use an alcohol-based sanitizer that contains at least 60% alcohol.
- 7. SLEEP WELL.** Your immune system is working best if you are well-rested.
- 8. WASH YOUR HANDS. A LOT.** Use soap and water for at least 20 seconds and wash often.
- 9. AVOID TOUCHING YOUR EYES, NOSE, AND MOUTH.** This helps reduce the chances of you getting sick.
- 10. GET A FLU SHOT.** It's still flu season so it's best to stay at full health.

MDH HAS RECENTLY SET UP A HOTLINE (8:00AM-4:30PM) FOR THE GENERAL PUBLIC TO ASK QUESTIONS ABOUT COVID-19. THE NUMBER IS [651-201-3920](tel:651-201-3920).



SEIUHealthcare
United for Quality Care

**FOR MORE INFO GO TO:
[SEIUHCMN.ORG/COVID-19](https://seiuhcmn.org/covid-19)**

