



Steps You Can Take to Protect Yourself and Others from COVID-19

5 STEPS TO PRACTICE EVERYDAY



1

Practice Social Distancing

- Stay at least 6 feet from other people
- Do not gather in groups

2

Practice Good Daily Hygiene

- Wash hands often and use a face mask
- Avoid touching your face with unwashed hands
- Cover your mouth and nose when coughing or sneezing

3

Avoid Close Contact

- Avoid contact with people who are sick
- Stay home as much as possible

4

Clean and Disinfect

- Clean and disinfect frequently touched surfaces.
This includes tables, doorknobs, counter-tops, phones, toilets,
faucets, and sinks

5

Minimize Unnecessary Visitors in the Home

for more info visit:

<https://health.hawaii.gov/coronavirusdisease2019/>

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html>