

COVID-19

Daily Household Checklist

The following recommendations include tips from the Centers for Disease Control & Prevention (CDC).



CLEAN YOUR HANDS OFTEN

Avoid touching your eyes, nose, and mouth with unwashed hands.

Wash your hands with soap and water for **at least 20 seconds** each time.

If soap and water are not readily available, use a hand sanitizer that contains **at least 60% alcohol**.



PRACTICE SOCIAL DISTANCING

Avoid close contact with people who are sick.

Avoid sharing personal household items.

Do not share: dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home.

You can still video chat or talk with friends and loved ones over your mobile devices!



CLEAN & DISINFECT DAILY

Clean **AND** disinfect frequently touched surfaces daily. This includes mobile devices, tables, doorknobs, light switches, countertops, handles, desks, keyboards, toilets, faucets, and sinks.

If a surface is dirty, use detergent or soap prior to disinfection.



ELEVATE YOUR MOOD

Remember, mental health is just as important as physical health.

Limit the amount of time spent watching/reading the News. Don't bury your head in the sand, but be mindful of still maintaining balance in your life.

Spend time in nature, journal, draw, sing, dance, listen to your favorite music, or participate in other hobbies that are not impacted by quarantine!

Laughter is amazingly therapeutic. Watch funny videos, comedies, or give laughter yoga a try!



IF YOU FEEL SICK...

Stay home, except to get medical care.

If you need medical care, call the office **prior to your arrival** and wear a facemask **before you enter** any healthcare provider's office.