COVID-19 Recommendations

Remember the Three Cs:

- Cover your cough: Use a tissue or your elbow.
- Clean your hands: Use soap and water or hand sanitizer.
- Contain germs: Stay home when sick.

Everyone should follow the three C’s. Cover your cough. Use a tissue or your elbow. Clean your hands. Use soap and water or hand sanitizer. Contain germs. Stay at home when you are sick.

Gatherings should be postponed or canceled until at least the end of March. Non-essential gatherings should be limited, while smaller events can proceed only if the organizers can implement social distancing of 6 feet per person. Gatherings of individuals who are at higher risk for severe illness from COVID-19 should be limited to no more than 10 people, while also following social distancing guidelines.

- Individuals sixty years of age and older with underlying conditions should stay at home and avoid gatherings or other situations of potential exposures, including travel to affected areas.
- Implement personal protective measures. Encourage people to:
  - Stay home when sick.
  - Wash their hands.
  - Cover coughs and sneezes.
- Clean frequently touched surfaces daily.
- Reduce activities (e.g., group congregation, religious services), especially for organizations with individuals with underlying health conditions.
- Ensure hand hygiene supplies are readily available in buildings.
- Cancel large gatherings or move to smaller groupings.
- Consider personal social distancing measures:
  - Avoid large gatherings (e.g., assemblies)
• limit the number of attendees per gathering
• consider distance or working remotely or online learning when possible.

• Encourage staff to telework, particularly individuals at increased risk of severe illness.
• Limit non-essential work travel and gatherings.