TIPS TO STAY SAFE AND HEALTHY

• Wash hands frequently with soap and water for at least 20 seconds, especially after you have been in a public place or after blowing your nose, coughing or sneezing.
• If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
• Avoid touching eyes, nose and mouth.
• Cover your mouth and nose with a cloth face cover when around others.
• Stay at least 6 feet away from other people.
• Cover your coughs and sneezes with tissue or elbow. Do not sneeze or cough into your hand because the next surface you touch could become contaminated. Throw away used tissues immediately after use and wash your hands for at least 20 seconds or use a hand sanitizer if soap and water are not available.

AT HOME

• Stay home as much as possible.
• Clean and disinfect surfaces in your home and office including tables, doorknobs, light switches, countertops, handles, desks, phone, keyboards, toilets, faucets and sinks. Visit cdc.gov for a list of effective products to use for disinfection.
• Use drive-thru, pickup or delivery options for food and groceries.
• Avoid unnecessary travel, shopping trips and social visits.

THE IMPORTANCE OF SOCIAL DISTANCING

• Remember that some people without symptoms may be able to spread the virus.
• Stay home as much as possible.
• Avoid social gatherings.
• Stay at least 6 feet away from other people.

WHY YOU SHOULD WEAR A CLOTH FACE COVER

• Cover your mouth and nose with a cloth face cover when around others because you could spread COVID-19 to others even if you do not feel sick.
• Cloth face coverings should fit snugly but comfortably against the side of the face, be secured with ties or ear loops, include multiple layers of fabric, allow for unrestricted breathing and be machine washable.
• When removing your cloth face cover, be careful to not touch your eyes, nose and mouth, and be sure to wash hands immediately after removing.
• Wash your cloth face cover in a washing machine regularly depending on use.
• Visit cdc.gov for more information, including instructions for making your own cloth face cover.

RESOURCES

CDC.gov  
eBaptistHealthCare.org  
facebook.com/BaptistHealthCare  
Escambia County Health Department: 850.595.6500  
After hours and weekends: 850.418.5566  
Santa Rosa County Health Department: 850.983.5200  
Florida Department of Health COVID-19 Call Center: 1.866.779.6121

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Schedule a telehealth appointment with primary care providers and specialists of Baptist Medical Group, Baptist Heart & Vascular Institute and Andrews Institute. Visit eBaptistHealthCare.org to follow the simple online directions, call your Baptist Health Care provider or call 850.434.4080.