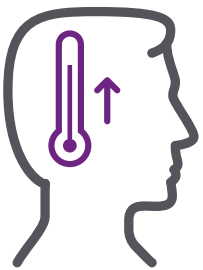


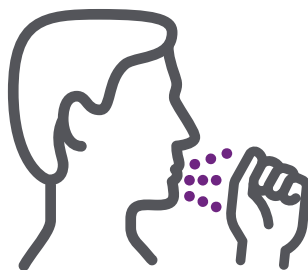
# Tips for Protecting Yourself from COVID-19



## COVID-19 SYMPTOMS



**Fever**



**Cough**



**Shortness  
of Breath**

Please notify one of our colleagues immediately if you feel feverish or have a new cough or feel short of breath.

# Protecting Yourself from COVID-19

*Follow these guidelines for staying safe and protecting yourself from COVID-19.  
(Visit [www.cdc.gov](http://www.cdc.gov) for additional information).*

## SOCIAL DISTANCING



### Avoid close contact

- **Avoid close contact** with people who are sick.
- Put **distance between yourself and other people.**
- **Keep 6 feet distance** between you and others.

## TAKE STEPS TO PROTECT YOURSELF AND OTHERS



### Clean your hands often

- **Wash your hands** often 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 readily 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 your eyes, nose, and mouth** with unwashed hands.



### Cover coughs and sneezes

- **Cover your mouth and nose** with a tissue when you cough or sneeze, or use the inside of your elbow.
- **Throw used tissues** in the trash.
- Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

**We at Trinity Health Senior Communities take your health and safety very seriously. We remain diligent in adopting all the Centers for Disease Control and Prevention (CDC) recommendations to protect you.**

### What we are doing to keep you safe

- By restricting visitors, we are reducing the chance of COVID-19 spread.
- We are practicing social distancing by cancelling all group activities and communal dining.
- Each staff member or primary provider must be screened upon arrival to our community each and every day.
- Our staff are trained in using personal protective equipment to keep everyone safe. Since this situation changes everyday, we review and implement all updated federal, state and local health guidelines and recommendations on an ongoing basis.