

**COVID-19
Coronavirus**



The best defense is a good offense



GET YOUR FLU SHOT!

FIGHT THE FLU

THE 3 C'S

COVER
Cover your cough and sneeze

CLEAN
Frequently wash your hands with soap and warm water

CONTAIN
Contain your germs by staying home if you are sick

COVID-19

There are no confirmed cases of COVID-19 in Ohio. Please continue to protect yourself from all infectious diseases by using these precautions.

PREVENTION



STAY HOME
WHEN YOU ARE
SICK



AVOID CONTACT
WITH PEOPLE
WHO ARE SICK



GET ADEQUATE SLEEP
AND EAT WELL-
BALANCED
MEALS



WASH HANDS OFTEN
WITH WATER AND SOAP
(20 SECONDS
OR LONGER)



DRY HANDS WITH
A CLEAN TOWEL
OR AIR DRY
YOUR HANDS



COVER YOUR MOUTH
WITH A TISSUE OR
SLEEVE WHEN
COUGHING OR SNEEZING



AVOID TOUCHING
YOUR EYES, NOSE,
OR MOUTH WITH
UNWASHED HANDS
OR AFTER
TOUCHING SURFACES



CLEAN AND DISINFECT
"HIGH-TOUCH"
SURFACES OFTEN



CALL BEFORE VISITING
YOUR DOCTOR



PRACTICE GOOD
HYGIENE HABITS

<https://www.cityofmiddletown.org/272/Current-Events-Alerts>

- Information to Colleges & Universities
- Information to K-12 & School Administrators
- Information to Daycares
- Information to Healthcare Providers
- Information to Businesses & Employers
- Faith Based Organizations & Churches
- Current Public Health Alerts