

# COVID-19

## Tips for Staying Safe

### REPORT SYMPTOMS

#### Let staff know how you feel



Some symptoms include fever, cough, shortness of breath, pressure in the chest, and confusion.

### WASH YOUR HANDS

#### Don't forget the soap



Wash your hands with soap for at least 20 seconds. After coming into contact with frequently touched surfaces, such as doorknobs and tables, make sure to wash your hands before touching your eyes, nose, or mouth.

### STRESS AND COPING

#### Take care of your body



Continue taking your prescribed medication, eat healthy, and drink enough water. Get plenty of sleep. Avoid alcohol and drugs.

### PERSONAL HYGIENE

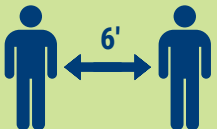
#### Don't spread germs



Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow. Don't forget to wash your hands afterward.

### SOCIAL DISTANCING

#### Keep a personal radius



Stay at least six feet away from other people, including in sleeping areas. When sleeping, make sure you are head-to-toe with those around you.

### LIMIT NONESSENTIAL OUTINGS

#### Consider others



When you are out and about, you could pick up germs that could be dangerous to those around you and could make them sick.



WISCONSIN DEPARTMENT  
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