Recipients of Home and Community-Based Services

How to Protect Yourself and Others

Wear a well-fitting face mask or cloth face covering over your mouth and nose that fits snugly against the sides of the face. Wash and dry cloth face coverings every day. If mask becomes soiled, you should replace it as soon as possible. Wash your hands before putting on your mask and after adjusting or removing it.

As much as possible, stay at least six feet away from other people who do not live with you.

Wash your hands with soap and water often for at least 20 seconds or use hand sanitizer that contains at least 60% alcohol. Always wash your hands after using the bathroom; before, during, and after making food; before eating; after blowing your nose, coughing, or sneezing; and after touching garbage. Avoid touching your eyes, nose, and mouth with unwashed hands. Cover your coughs and sneezes with your elbow rather than your hands.

Keep your home and all frequently touched surfaces clean by wiping them down with disinfectant. Use the disinfectant according to the label’s instructions. Some frequently touched surfaces to keep clean include: doors and doorknobs, TV remotes, computer keyboards, phones and tablets, counters and tables, sinks and faucets, and assistive devices.

If indoors, bring in fresh air by opening windows and doors, if possible and safe to do so.

You should get a COVID-19 vaccine when it is available to you.

Additional Resources:

CDC: Guidance on Cleaning and Disinfecting Your Home
WI DHS: Guidance on PPE
CDC: Information on Cloth Face Covers
CDC: How to Protect Yourself & Others
CDC: COVID-19 Vaccine
WI DHS: Where you can get vaccinated

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