

# Staying safe from COVID-19 at home

Some people with COVID-19 don't even know they have it. That's why it's so important for everyone to wear a mask and stay at least six feet away from others. It may seem harder when you have a big family at home, so use this guide to protect yourself and your loved ones.

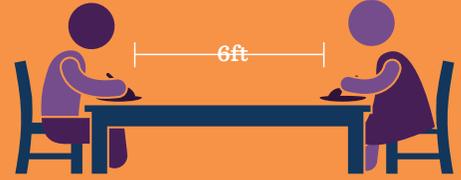
Always



Wear a mask around people



Wash hands with soap



Stay six feet apart at meals

If you're infected



Don't cook for or sit close to others



Clean the bathroom after you use it



Let only one person care for you

# Staying safe from COVID-19 at work

Many people can't work from home during COVID-19. When you're working or riding in a car or bus with others, you might be near someone who is sick, even if they don't show symptoms. Use these tips to make sure you don't get COVID-19 or bring it home to your family.



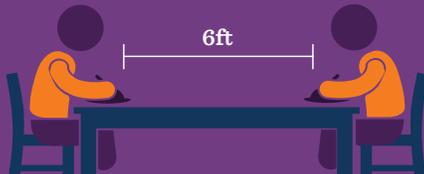
When carpooling, wear masks and keep AC on non-circulating



Wash your hands when you arrive



Keep your mask on



Stay six feet apart at meals



If you're sick, stay home

Sources: Centers for Disease Control and Prevention and Virginia Department of Health

Prince William Health District



NOVANT HEALTH

UVA HEALTH SYSTEM

The best of health to you

# Staying safe from COVID-19 throughout the day

Avoiding COVID-19 means doing the things you do every day, but in the safest way possible. Use this chart to see how to lower your risks for these everyday activities.

Activity	High risk	Moderate risk	Least risk
 Keeping hands clean	Not washing at all	Washing only sometimes	Washing with soap and water for 20 seconds, or using hand sanitizer that's at least 60% alcohol based
 Using bathroom after someone with COVID-19	Not cleaning bathroom after person with COVID-19 uses it	Opening windows and waiting, cleaning bathroom with gloves and bleach after person with COVID-19 has used it	Having the sick person clean the bathroom each time, with gloves and either diluted bleach or cleaning spray
 Visiting friends or family	No social distance and no mask	Wearing a mask but sitting close together	Wearing a mask and staying six feet apart
 Eating together	Sitting close to people who don't live with you	Sitting less than six feet from others	Sitting at least six feet away from others
 Caring for a sick relative	More than one person caring for family member with COVID-19	Same person caring for family member with COVID-19, as well as the rest of the household	One person in the home caring for person with COVID-19 only
 Carpooling to work	Car windows closed, air conditioning on circulating, no masks	Car windows open, air conditioning on non-circulating, but no masks	Car windows open, air conditioning on non-circulating and masks on
 Staying safe at work	No mask, no social distancing, not washing hands, sitting close together at meals	Social distancing but no masks, not washing hands and sitting close together	Wearing a mask, social distancing, washing hands often, sitting at least 6 feet apart at meals

Sources: Centers for Disease Control and Prevention and Virginia Department of Health