COVID-19
Tips for Staying Safe in Group Living Facilities

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.

PHYSICAL DISTANCING
Keep a personal radius
Stay at least six feet away from other people. If sleeping in common areas, make sure you are head-to-toe with those around you.

ESSENTIAL OUTINGS
Wear a cloth face covering
You can be infected and not show any symptoms. Wearing a cloth face covering can lower the risk of community spread when physical distancing is difficult to maintain.