

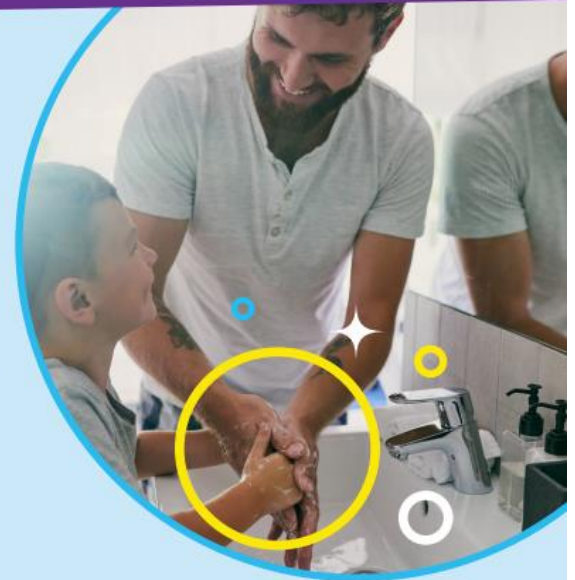
CMHA CARES about your health.



Stop Germs! Wash Your Hands.

When?

- After using the bathroom
- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage



How?



Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.



Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.



Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.



Rinse hands well under clean, running water.



Dry hands using a clean towel or air dry them.

Keeping hands clean is one of the most important things we can do to stop the spread of germs and stay healthy.

LIFE IS BETTER WITH

CLEAN HANDS



www.cdc.gov/handwashing



This material was developed by CDC. The Life is Better with Clean Hands Campaign is made possible by a partnership between the CDC Foundation, GOJO, and Staples. HHS/CDC does not endorse commercial products, services, or companies.

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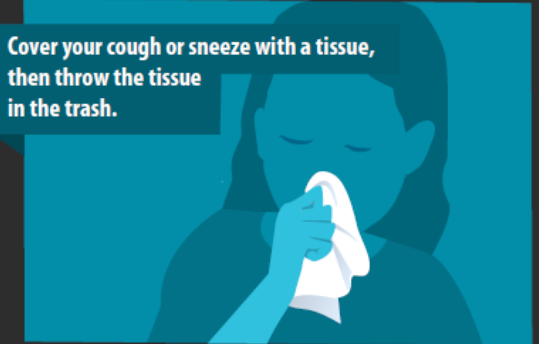
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Help prevent the spread of respiratory diseases like COVID-19.

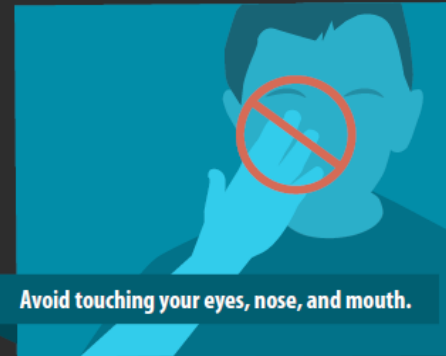
Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



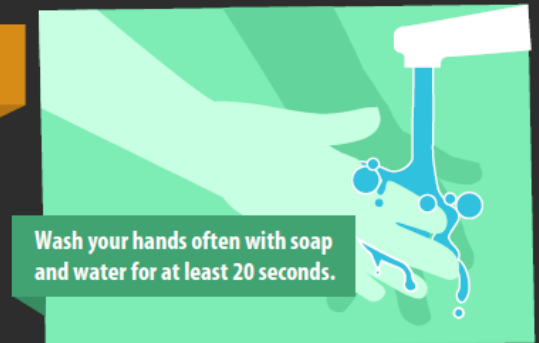
Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



For more information: www.cdc.gov/COVID19

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SYMPTOMS OF CORONAVIRUS DISEASE 2019

Patients with COVID-19 have experienced mild to severe respiratory illness.

Symptoms* can include

FEVER



COUGH



*Symptoms may appear 2-14 days after exposure.

SHORTNESS OF BREATH



Seek medical advice if you develop symptoms, and have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.



For more information: www.cdc.gov/COVID19-symptoms

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What to do if you think you have COVID-19?

If you have traveled to an affected geographic area within the past 14 days or have been in contact with someone suspected of or confirmed to have COVID-19 and are experiencing fever, cough or trouble breathing, please contact your healthcare provider for assessment and further direction.

If you are having chest pain, serious difficulty breathing, or another type of medical emergency, please call 911.

https://news.emory.edu/stories/2020/01/er_tn_coronavirus/campus.html

FACE MASKS

How to put on a face mask

1. Wash/sanitize your hands.
2. Place mask loops around your ears and fit flexible band to your nose bridge making sure it is snug to your face.
3. The blue shield of the face mask should face outwards.
4. Wash/sanitize your hands.

How to remove a face mask

1. Wash/sanitize your hands.
2. Grab mask loops around ears and remove from face without touching the front of mask.
3. Discard mask without touching the front of mask.
4. Wash/sanitize your hands.

***The facemask should be discarded if it becomes soiled, damaged or hard to breathe through.**

While current guidance recommends wearing masks in public places, the purpose of wearing a mask is to protect others if you sneeze or cough. Wearing a mask does not guarantee that you will not contract COVID-19. For maximum effect, masks should be worn in conjunction with the CDC's best practices which include:

- Wash your hands often with soap and water for at least 20 seconds.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Avoid touching your eyes, nose and mouth.
- Practice social distancing
- Clean and disinfect frequently touched objects and surfaces.

If your position requires that you wear a prescribed respirator when performing certain activities, these masks are not to be used in lieu of the prescribed respirator.



www.cmha.net | [@CuyahogaHousing](https://www.instagram.com/CuyahogaHousing)



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