

COVID 19- Tips



- **Recommendations & guidelines request all visitors wear a mask when in the building.**
- **You must also wear a face shield when in the resident care areas of the building as well as when you are in your loved ones room.**
- **Remember to stay 6 feet from other people when you can.**
- **ONLY GO DIRECTLY TO YOUR LOVED ONES ROOM. REFRAIN FROM VISTING OTHER RESIDENTS.**
- **Please wash your hands frequently☺**
 - ◉ You may use soap and water or hand sanitizer

Handwashing



- **Remember to wash your hands at these moments...**
 - When entering the building
 - If you touch your facemask or face shield
 - Before leaving a residents room
 - After touching another person
 - After using the restroom
 - After personal hygiene such as brushing your teeth, blowing your nose, or coughing
 - Before and after eating
 - After touching garbage
 - After touching a pet

Proper Hand-Washing

PROCEDIMIENTOS DE LAVADO DE MANOS



Wet your hands with hot, running water (at least 100°F/38°C).

Mójese las manos con agua corriente caliente (al menos, a 100°F/38 °C).



Apply soap.

Aplíquese el jabón.



Scrub hands and arms for at least 20 seconds. Clean under fingernails and between fingers.

Lávese las manos y los brazos por lo menos veinte (20) segundos. Lávese debajo de las uñas y entre los dedos.



Rinse thoroughly under running water.

Enjuáguese las manos completamente con el agua corriente.



Dry hands and arms with a single-use paper towel.

Séquese las manos y los antebrazos con una toalla de papel descartable.



Turn off faucet using paper towel.

Cierre el grifo con la toalla de papel.



HOW TO USE HAND SANITIZER



1

Apply the product
on the palm of one hand



2

Rub tips of each hand
with palm of other hand



3

Work sanitizer between fingers,
back of hands, fingertips, under nails



4

Rub hands together
until they are dry (20 sec)

HOW TO WEAR A MASK



1
Wash hands
thoroughly



2
Wear the mask
by holding straps



3
Pinch to ensure
no gaps are left



4
Secure properly
underneath chin

HOW TO REMOVE A MASK



1
Wash hands
thoroughly



2
Remove mask
by holding strap



3
Discard single-
use masks



4
Wash your
hands again

WEAR IT CORRECTLY

TO PROTECT YOURSELF AND OTHERS



Completely cover the
nose and mouth with
the face covering.

Be sure it fits snugly
against the side of
the face.



Nose & mouth
are not covered.



Nose is not
covered.



Mask is
too loose.



ORANGE COUNTY
HEALTH DEPARTMENT

orangecountync.gov/Masks

Cover Coughs and Sneezes

Stop the spread of germs
that can make you and others sick!



Cover your
mouth and nose
with a **tissue**
when you
sneeze or cough.



If you don't
have a tissue,
use your
elbow.



Wash hands
often, **especially**
after coughing
or sneezing.



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MASK UP!

Reduce Risk of Transmission

COVID-19 Carrier

Others



**HIGHEST
RISK**



**HIGHER
RISK**



**LOWER
RISK**



**LOWEST
RISK**



NEW JERSEY DEPARTMENT OF
ENVIRONMENTAL PROTECTION

If you are not feeling good...such as

- **Body Aches**
- **Sore Throat**
- **Cough**
- **Shortness of Breath**
- **Chills**
- **Headache**
- **Runny Nose**
- **Congestion**
- **Nausea, Vomiting, or Diarrhea**
- **Loss of Taste or Smell**



PLEASE TELL US AS SOON AS POSSIBLE SO WE CAN HELP

