



DO YOUR PART

RESIDENTS OF ELKHART COUNTY—WE FACE A CRISIS.

COVID-19 positivity rates, hospitalizations and deaths are some of the highest in the state and they're all rising.

Hospitals are reaching capacity and we are at risk for not having enough beds or staff to care for our community - not just coronavirus patients, but cancer, heart, ER patients or anyone with medical needs. Manufacturers are being impacted with employees being quarantined and sick and our local small businesses need to stay open to remain in business.

DO YOUR PART

1. ELDERCARE

- A. **DO** regularly connect with elders **VIA PHONE, MAIL, OR VIDEO CALLS.**
- B. **DO** check requirements with your eldercare facility before scheduling an in-person visit.

2. GROUPS

- A. **DO** socialize, worship, and support each other **USING PHONE OR DIGITAL OPTIONS.**
- B. **DO** keep six feet between you and anyone who does not live with you.
- C. **AVOID** crowds and crowded areas.

3. CLEANLINESS

- A. **DO** frequently wash your hands for 20 seconds.
- B. **DO** cover your coughs and sneezes.
- C. **DO** sanitize surfaces and devices.
- D. **AVOID** touching your face, eyes, nose, and mouth.

4. MASK UP

- A. **DO** wear a mask or face-covering in public.

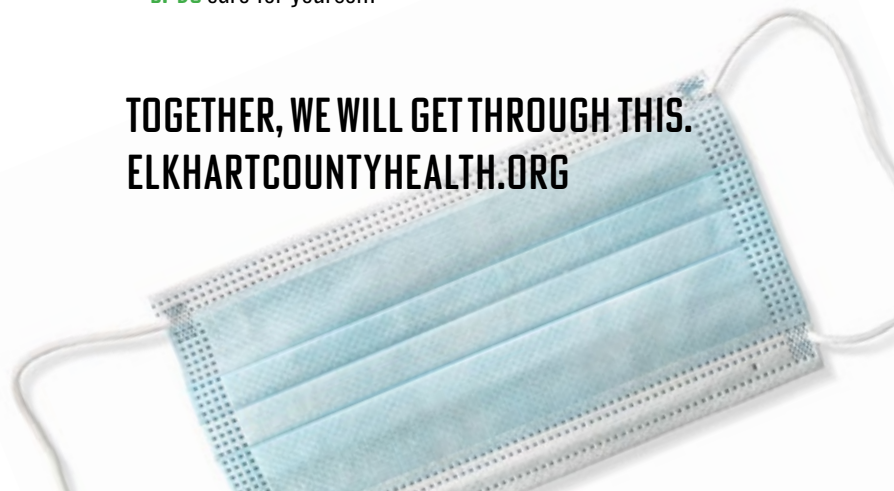
5. YOUR HEALTH

- A. **DO** stay home if you are even mildly sick.
- B. **DO** get tested even with mild COVID-19 symptoms.

6. COMMUNITY SUPPORT

- A. **DO** show support for front-line workers.
- B. **DO** care for yourself.

TOGETHER, WE WILL GET THROUGH THIS.
ELKHARTCOUNTYHEALTH.ORG



FOLLOW THESE BEST PRACTICES TO HELP US STOP THE SPREAD.

CALL YOUR ELDER CARE FACILITY BEFORE PLANNING AN IN-PERSON VISIT.

The residents of these facilities are very vulnerable to developing a more serious case of COVID-19 and of passing the virus to other residents. The Indiana State Department of Health has issued updated visitation guidelines for long-term care facilities, advising against all indoor visits. Please check with a facility before going to visit a friend or relative.

AVOID CROWDS AND CROWDED AREAS.

The more people at an event, the greater the risk someone has COVID-19. Even without symptoms, a person can transmit the virus to others.

Avoiding crowds includes the obvious like sporting events and concerts – but it also includes stores, small gatherings, clubs, weddings, funerals, fund-raisers, and church. We urge as few social activities as possible – and those you do have to attend should be outdoors with as few in attendance as possible. Confirm that all events meet the requirements of the latest [Public Health Order](#).

WASH YOUR HANDS.

Frequently wash your hands for 20 seconds with soap and water, especially after returning from a public place, and after coughing, sneezing, or blowing your nose. If soap and water are not available, use a hand sanitizer with at least 60% alcohol. Although this seems simple, hand washing is one of the most important things to do to prevent the spread of **ANY** respiratory virus.

KEEP SIX FEET BETWEEN YOU AND PEOPLE WHO DON'T LIVE WITH YOU.

If this is not possible, wear a face covering and limit the close contact to less than 15 minutes.

WEAR A MASK OR FACE COVERING.

Wear a mask or cloth face covering when in public areas, even when outdoors if unable to maintain 6 feet distance from others, not in your household. A cloth face covering should be worn in all public buildings, all businesses, and any indoor space open to the public (museums, libraries, churches, etc.). Cloth face coverings **MUST** cover the nose and mouth. Respiratory droplets carrying COVID-19 are expelled from the nose as well as the mouth, so both areas must be covered.

Cloth face coverings should be made from multiple layers of fabric and fit snugly against the side of the face. Cloth face coverings should be washed and dried every day. Disposable facemasks may be also used to use a new one each day, and throw the used ones in the trash. Alternatives to cloth face coverings and masks should be identified for individuals who are unable to or should not wear a face covering (e.g. children under the age of 2; anyone with a disability that makes it hard to wear or remove a face covering; anyone who is deaf and uses their mouth and face to communicate; anyone who has been advised by their doctor not to wear a face-covering; if a person is unconscious or has trouble breathing). Children ages 2-12 should be supervised when wearing a mask.

Clear plastic face shields do not offer the same level of protection as a cloth face covering. A face shield **MUST** cover the nose and mouth completely, and extend back over the cheeks to the level of the ears to be effective. Face shields should be cleaned and dried every day.

For additional information on face coverings see [Executive Order 20-48](#), [Public Health Order No. 01-2020](#), and [Public Health Order No. 06-2020](#).

STAY HOME IF YOU ARE SICK.

Stay home if you have COVID-19 symptoms or otherwise feel ill, and isolate yourself from others in your household. If possible, limit yourself to a single room and single bathroom that is exclusively for your use. If you must interact with others in your household, keep your interactions as brief as possible, maintain six feet distance, and wear a face covering even in your home.

GET TESTED.

Get tested if you have even mild COVID-19 symptoms, or if you have been exposed to someone who has tested positive for COVID-19. It's important for you to know if you could transmit the virus to others – or if you have already exposed others to the virus. When discovered early, steps can be taken to prevent or minimize the transmission to others.

AVOID TOUCHING YOUR FACE – EYES, NOSE, AND MOUTH.

The COVID-19 virus can remain on surfaces for some time, depending on the surface and how often it is cleaned. If we get the virus on our hands and transfer it to our face, it is easy for the virus to get to the mucous membranes of our eyes, nose, and mouth, and then multiply and cause disease.

COVER YOUR COUGHS AND SNEEZES.

Use a tissue or the inside of your elbow to cover coughs and sneezes. Throw used tissues away in the trash. Coughing and sneezing release large quantities of respiratory droplets and spread them great distances. Avoid coughing or sneezing into your hand, and then touching a commonly-used surface before washing or sanitizing your hands. If you are wearing a face covering and you need to cough or sneeze, you should still cough or sneeze into your elbow while keeping the face covering on.

SANITIZE SURFACES AND DEVICES.

Clean and disinfect frequently touched surfaces daily. This includes doorknobs, light switches, countertops, hard surfaces, and electronics. Using your usual household cleaners is all that is needed.

Carefully following the preventative measures outlined above will help keep you and others safe. Your hospitals, local businesses and schools are counting on you to do your part.

PLEASE. STOP THE SPREAD. WE MUST ALL WORK TOGETHER TO KEEP EVERYONE SAFE.