

# Ways to Keep Yourself Safe from COVID-19

## Wash Your Hands

- Wash your hands with soap and water for at least 20 seconds (or, about the time it takes to sing the alphabet song twice)
- If you don't have access to soap and water, use hand sanitizer with at least 60% alcohol.
- Wash your hands often and throughout the day.
- Wash your hands before and after you:
  - Touch your face mask
  - Eat food
  - Touch your face
  - Go to the bathroom
  - Leave your home and go into the community
  - Go to a store

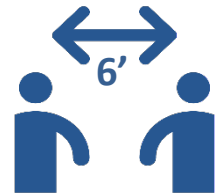


Created by Katie Westbrook  
from Noun Project

## Practice Social Distancing

Limit face-to-face contact with other people to reduce the spread of COVID-19.

- Stay at least 6 feet (about 2 arms' lengths) from other people
- Do not gather in groups
- Avoid crowded places and big groups



## Wear a Face Mask

Everyone in Illinois should wear a face mask when they leave their home AND they cannot maintain social distance (6 feet of physical distance between you and others)



## Reusable Cloth Face Masks

- Cloth masks decrease the spread of COVID-19 you go outside the home.
- Wear a face mask in public, even if you do not feel sick.
- Wear a face mask in places like the grocery store, pharmacy, drive thru, your healthcare provider's office, or on public transportation.
- Stay 6 feet apart from others even when wearing a cloth face mask.
- DO NOT put on a face mask if you:
  - Have trouble breathing, or
  - Cannot take it off and cannot direct others to remove it
- Scan the QR code on the right with your smartphone for a short video of how to safely put on and take off a cloth face mask.



## Cloth face mask care

- Store your cloth face mask by itself in a paper or plastic bag.
- Wash your face mask daily a hot cycle with detergent.
- Dry your face mask thoroughly before wearing. Wet masks are less effective.
- Check your mask to make sure it keeps its shape and doesn't have rips or tears.
- Misshapen masks can usually be ironed back into shape.

## Disposable Medical Face Mask

- The guidelines for using disposable facemasks are the same as for cloth masks.
- You should only use a disposable face masks one time.
- There are many kinds of disposable face masks, for the best protection look for ones that say 3-layers on the package.



## N95/KN95 Face Mask

- N95/KN95 face masks are medical masks with a stronger filter for greater protection.
- At this time, it is recommended that these masks be reserved for medical professionals.
- If you have been diagnosed with COVID-19, you and your PA should wear a N95/KN95 Face Mask.
- N95/KN95 face masks are thicker and can make it harder to breath. Take some time to get used to the mask.
- **IMPORTANT:** If you have breathing problems or a respiratory or cardiac condition, check with your doctor before using a N95/KN95 face mask.



## Face Shield

- Face shields are a plastic shield that covers the entire face and offer more protection.
- Your PAs should use a face shield to protect themselves from body fluids when helping you with your medical needs, such as:
  - oral/mouth care
  - tracheostomy care
- Wear a face mask with your face shield.
- If you do not have access to a face shield, wear glasses or goggles to cover your eyes along with your cloth face mask.

