HEALTH RECOMMENDATIONS

1 Hand Washing

Regular hand washing is one of the best ways to remove germs, avoid getting sick, and prevent the spread of germs to others. Make sure you wash thoroughly for 20 seconds while scrubbing between fingers, on the front and back of your hands, and under your fingernails.

2 Masks

All Hoosiers need to wear a mask when they are out in public. Your mask should fit snugly and cover from the bridge of your nose to under your chin. Masks should only be used one time before washing, so consider making or buying multiple masks to allow time to wash between use.

3 6 Feet Social Distancing

When you are around people who are not in your household, it is important to practice social distancing. Social distancing means keeping 6 feet of distance between you and others, which reduces the risk of spreading disease.

4 Daily Temperature Check

Check your temperature every morning. If your temperature is 100 degrees or higher, then you should stay home until you are fever-free without the use of medication.

5 Regular Checkups

As much as possible, make sure that you and your family keep up with regular doctor's appointments. It is especially important to keep your children up to date on their vaccines.

6 Health Concerns

If you or your family members develop any symptoms or health concerns, call your healthcare provider. Follow their guidance and stay home if necessary.

7 Clean and Disinfect Your Household

While COVID-19 mainly spreads from person-to-person contact, regularly disinfecting frequently touched surfaces can reduce the risk of transmission. Clean surfaces first with soap and water and then use an EPA-registered household disinfectant to kill germs.

8 Purchase a Reusable Water Bottle

The Indiana State Department of Health recommends that public and shared water fountains be taken out of service. Stay hydrated and bring your own reusable water bottle when you go out.

9 Verify/Update Emergency Contacts

Create a list of your emergency contacts and keep it in an easily accessible place, so you can give it to a first responder in an emergency. Update your children's emergency contacts so that you can be reached if they present COVID-like symptoms.

10 Symptoms to Look For

Please stay home and call your healthcare provider if you or your family members exhibit one or more signs of COVID-19, including but not limited to:

- Fever at 100 Degrees Fahrenheit or Above
- Cough
- Shortness of Breath
- Fatigue
- Sore Throat
- Chills
- Muscle or Body Aches
- Headache
- New Loss of Taste or Smell
- Diarrhea
- Nausea or Vomiting
- Nasal Congestion or Runny Nose

Indiana State Department of Health