SLOW THE SPREAD

PRESIDENT TRUMP'S
CORONAVIRUS
GUIDELINES FOR
AMERICA

For more information, please visit
CORONAVIRUS.GOV
MARCH 16, 2020

Listen and follow the directions of your
STATE AND LOCAL AUTHORITY.

IF YOU FEEL SICK, stay home. Do not go to work.

IF YOUR CHILDREN ARE SICK, keep them at
home. Contact your medical provider.

IF YOU ARE AN OLDER PERSON, or have a serious
underlying health condition, stay home and away
from other people.

If someone in your household has TESTED
POSITIVE, keep the entire household at home.

EVEN IF YOU ARE YOUNG, OR OTHERWISE HEALTHY,
YOU ARE AT RISK AND YOUR ACTIVITIES CAN
INCREASE THE RISK FOR OTHERS. IT IS CRITICAL
THAT YOU DO YOUR PART TO SLOW THE SPREAD
OF THE CORONAVIRUS.

Work or study FROM HOME whenever possible.

AVOID SOCIAL GATHERINGS in groups of more
than 10 people.

Avoid eating or drinking at bars and restaurants
— USE PICKUP OR DELIVERY OPTIONS.

AVOID DISCRETIONARY TRAVEL, shopping
trips, and social visits.

DO NOT VISIT nursing homes or retirement or
long-term care facilities unless to provide
critical assistance.

ALWAYS PRACTICE GOOD HYGIENE:

• Wash your hands, especially after touching
  any frequently used item or surface.

• Avoid touching your face.

• Sneeze or cough into a tissue, or the inside of
  your elbow.

• Disinfect frequently used items and surfaces as
  much as possible.

CORONAVIRUS.GOV