



COVID-19



PREVENTATIVE ACTIONS

Call the MHC COVID-19 Hotline number at **833-442-7015** if you have any symptoms of the novel coronavirus (COVID-19) such as fever, coughing, and difficulty breathing.

Get a COVID-19 vaccine

- The vaccine can help protect you from COVID-19 and help you from being severely ill if you do test positive.

Wear a mask

- The Maniilaq service area is currently an area of high transmission, both vaccinated and unvaccinated residents should use a mask in indoor settings.
- Masks should be worn over the nose and mouth.

Avoid crowds and stay 6 feet away from others

- Avoid crowds and gatherings with others not in your household.
- Avoid close contact with people who are sick inside your home.
- Put 6 feet of distance between yourself and people who don't live in your household.

Cover your coughs and sneezes

Wash your hands often

- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.

Monitor your health daily

- Be alert for symptoms. Watch for fever, cough, shortness of breath, or other symptoms of COVID-19.

Household cleaning and disinfection:

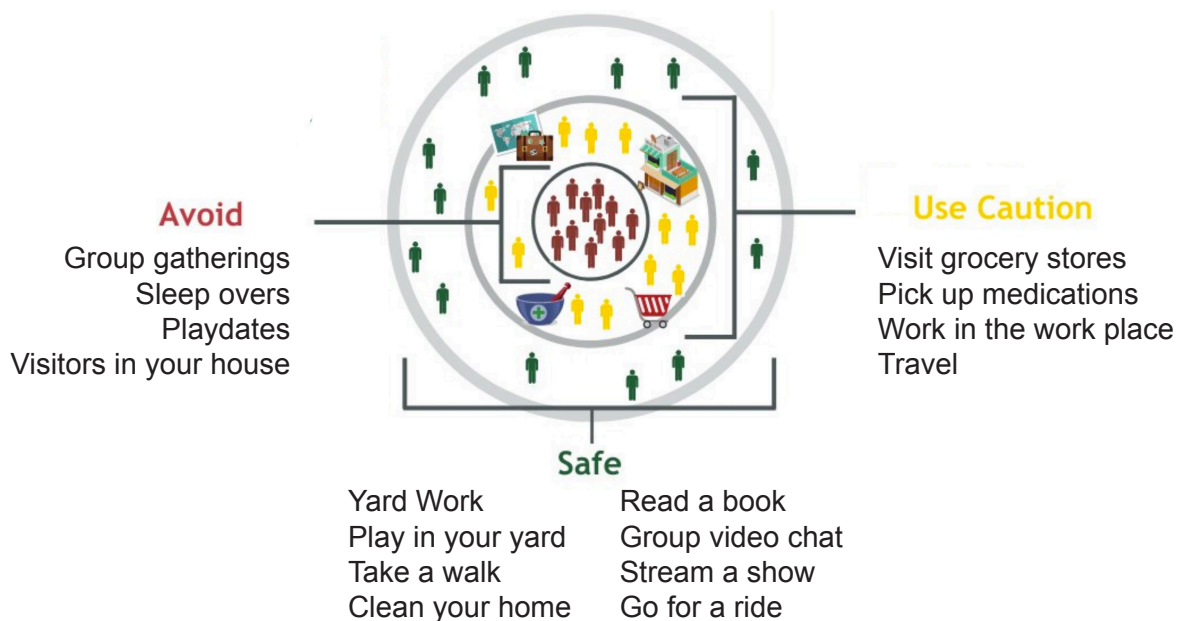
- Clean all "high-touch" surfaces daily.
- If someone is sick or has tested positive for COVID-19, disinfect frequently touched surfaces.
 - If surfaces are dirty, clean them using detergent or soap and water prior to disinfection.



WHAT IS SOCIAL DISTANCING?

Social Distancing is an infection control action intended to stop or slow down the spread of a contagious disease, such as COVID-19. It is avoiding unnecessary interactions with other members of the public while the virus is spreading. This means working from home, if possible, staying out of public spaces when ill, limiting trips outside, and avoiding large gatherings.

The objective of social distancing is to reduce the probability of contact between persons carrying an infection and others who are not infected.



For more information, visit www.cdc.gov.