



# City of Del City

## POLICE DEPARTMENT

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## Precautions for COVID-19

Recommendations from the Centers for Disease Control (CDC)

### How it Spreads

- The best way to prevent getting the illness is to avoid being exposed
- The virus is spread mainly from person to person

### Protect yourself

#### Clean your hands often

- Wash your hands often with soap and water for a minimum of 20 seconds especially if you have been in a public place, after blowing your nose, sneezing, or coughing
- If soap and water is not available, use hand sanitizer that contains at least 60% alcohol
- Avoid touching your eyes, nose, or mouth

#### Avoid close contact

- Avoid close contact with people who are sick
- Practice Social Distancing. Try to keep at least 6 feet between you and others
- Stay away from people who are at a higher risk of catching the virus. Those at a higher risk are older adults and people with a serious medical condition (Heart disease, Diabetes, Lung Disease)

### Protect others

#### Stay home if you feel sick

- If you feel sick or a member of your household is sick stay at home until the virus has passed
- Contact your doctor. Be sure to get medical care if you feel worse or think it is an emergency. Call ahead if you think you may have the virus
- Avoid public transportation

#### Cover coughs and sneezes

- Cover your mouth and nose with a tissue or your elbow when you cough or sneeze
- Throw away used tissues
- Immediately wash your hands with soap and water for a minimum of 20 seconds. If soap and water is not available, use hand sanitizer that contains at least 60% alcohol

#### Wear a facemask if you are sick

- If possible, wear a facemask when you are around other people. If you cannot wear a facemask due to trouble breathing remember to cover your coughs and sneezes

### Clean and disinfect

- Clean and disinfect surfaces that are routinely touched. This includes tables, doorknobs, light switches, countertops, desks, phones, keyboards, toilets, faucets, and sinks