**Florida HEALTH**
Broward County
**www.FloridaHealth.gov**

# Coronavirus(COVID-19)
# General Prevention

If you are concerned that you have been exposed to COVID-19, please call your healthcare provider and the Florida Department of Health in Broward County at 954-412-7300 <u>before</u> visiting any healthcare facility.

## Protect yourself from all infectious diseases by using the precautions.

**Stay home when you are sick**

**Avoid contact with people who are sick**

**Get adequate sleep and eat well-balanced meals**

**Wash hands often with soap and water – 20 seconds or longer**

**Dry hands with a clean towel or air dry your hands**

**Avoid touching your eyes, nose, or mouth with unwashed hands or after touching surfaces**

**Cover your mouth with a tissue or sleeve when coughing or sneezing**

**Clean and disinfect "high touch" surfaces often**

**Call before visiting your doctor**

## Clean all "high-touch" surfaces every day.

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tables, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.