

COVID-19 Preparedness Materials

Recommended Guidelines for Community Members



Practice Good Hygiene

- Wash hands for at least 20 seconds with soap and water. If not available, use hand sanitizer.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Cover your mouth and nose with a tissue or sleeve when coughing or sneezing.

Disinfect all surfaces

- We ask all community members to clean and disinfect frequently touched surfaces and objects in accordance with Centers for Disease Control and Prevention (CDC) guidelines - bit.ly/CDCDisinfectGuidelines.



Practice Social Distancing

- Stay home from class and work if you are sick.
- Avoid close contact with people who are sick.

Get Vaccinated

- Get a flu shot – it is not too late to be protected. The flu shot is not effective against this Coronavirus. But it will help protect you from the flu, and the flu is still what you're more likely to catch right now.

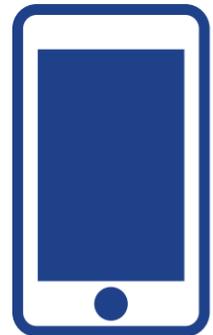


Greet from a Distance

- Be mindful of greeting practices to not include handshakes, hugs and kisses.
- Stand as far apart as possible from others you are coming into contact with (6 ft. recommended but not always possible).

Connect via Phone or Email

- Parents/Clients are encouraged to call in to receive assistance with HOPES programs and services (1-855-OK-HOPES).
- You can email communityprograms@hopes.org for any assistance for Youth, Adult, and Senior Services.



Notify of Any Recent Travel

- It is important that parents notify school officials of any travel to CDC Restricted Travel countries so proper precautions can be taken before a student's return to school.
- Schools will follow guidance from the CDC, local health professionals and the local Board of Education to determine appropriate timelines and procedures in each case.

Know the Symptoms

Patients with COVID-19 have experienced mild to severe respiratory illness.

- Seek medical attention: Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing).
- Call your doctor: Before seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19.
- Wear a facemask only when you are sick: Put on a facemask before you enter the medical facility. These steps will help the healthcare provider's office to keep other people in the office or waiting room from getting infected or exposed.
- Alert health department: Ask your healthcare provider to call the local or state health department. Persons who are placed under active monitoring or facilitated self-monitoring should follow instructions provided by their local health department or occupational health professionals, as appropriate.

FEVER

SHORTNESS
OF BREATH

COUGH

1-855-OK-HOPES

www.hopes.org