

Staying Safe and Healthy

As the community is reopening, you may be looking for ways to safely resume daily activities. While there is no way to eliminate all risk of infection, it is important to understand the potential risks and how to adopt standard prevention measures to protect yourself, your loved ones and your community. Here are some tips.

What makes activities safer?

- When you can maintain at least 6 feet of space between you and others.
- When activities are held outdoors.
- When people are wearing face coverings.
- When planning activities out in your community, you may want to consider ahead of time:
 - What is the level of community spread in my county?
 - What are the local or state safety mandates in my community?

Be Prepared. Call ahead prior to going somewhere to inquire about COVID-19 safety practices and policies in place:

- What are the cleaning practices?
- What is the masking/face covering policy?
- How big is the space? Is it indoors or outdoors?
- What is the limit on capacity for the space provided?
- Is there a better day to go when it is less busy, or a better time of day, such as early morning or in the evening?
- Go prepared with face coverings, tissues and hand sanitizer (at least 60% alcohol).
- Verbally prepare kids for the possibility that if it is too crowded to go in when you arrive you may have to return at another time.

Follow the Three W's:



Wear a Mask, Show You Care.
For more information,
visit MaskUpForMe.com

In general, the more people you interact with, the more closely you interact with others and the longer your interaction, the higher the risk of COVID-19 spread. You may want to ask yourself:

- What is the length of time I will be interacting with others?
- How many people will I potentially interact with?
- Will my activity put me in close contact with others? How possible will it be to stay 6 feet or more away from others?
- How likely is it that you will be touching shared surfaces that others have touched?
- If known, what is the possibility others will be also following COVID-19 safety practices (face coverings, washing hands, social distancing).
- Is there potential to come into contact with others who have traveled in the last 14 days?
- Is there potential to come into contact with others who may be sick or COVID-19 positive and asymptomatic?
- Will I come into contact with other people who I don't live with or who are unknown to me?
- If possible, have you discussed the safety plan with others ahead of time so all people are following the same precautions?
- What is my health status? Am I at an added risk of severe illness due to a chronic condition or is my immune system compromised?
- Do I take every day precautions to protect myself from COVID-19?

Every day precautions you can take:

- Wash your hands often with soap and water for at least 20 seconds. When soap and water is not available, hand sanitizer with at least 60% alcohol is recommended. Take special care to do this:
 - Before eating or preparing food.
 - Before touching your face.
 - After using the restroom.
 - After leaving a public place.
 - After blowing your nose, coughing, or sneezing.
 - After handling your cloth face covering.
 - After changing a diaper.
 - After caring for someone sick.
 - After touching animals or pets.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Cover coughs and sneezes with a tissue or inside of your elbow.
- Throw used tissues in the trash.
- Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- Avoid close contact by staying 6 ft away from others who you don't live with.
- Monitor Your Health Daily. Be alert for symptoms. Watch for fever, cough, shortness of breath, or other symptoms of COVID-19. Follow CDC guidance if symptoms develop.



For more information, please visit:

www.maskupforme.com

www.bangorpublichealth.org

www.bangormaine.gov

www.maine.gov/dhhs/mecdc

www.cdc.gov

www.211maine.org