

# CDC.gov

## Home Action Plan

### Practice Everyday Preventive Actions Now

- Avoid close contact with people who are sick.
- Stay home when you are sick, except to get medical care.
- Cover your coughs and sneezes with a tissue.
- Clean frequently touched surfaces daily (tables, countertops, light switches, doorknobs, cabinet handles) using detergent and water.
- Wash your hands often with soap and water for at least 20 seconds.
- Use a hand sanitizer that contains at least 60% alcohol.
- Choose a room in your home to separate sick household members from those who are healthy.
- Visit the website [cdc.gov](https://www.cdc.gov), read local news sources to stay up date on outbreaks.

This interim guidance is provided by the Centers for Disease Control and Prevention (CDC)

\* based on current conditions 3/1/2020



Hello Resident

888.472.8898

[helloresident.com](https://www.helloresident.com)

