

COVID-19 PROTECTION

Even if you're no longer required to "stay at home," that doesn't mean you can let your guard down regarding COVID-19... in fact, it's even more important to follow these recommended precautions from the Centers for Disease Control.



WASH YOUR HANDS OFTEN

WASH YOUR HANDS OFTEN WITH SOAP AND WATER FOR AT LEAST 20 SECONDS especially if you've been in a public place.

If soap and water are not readily available, **USE A HAND SANITIZER THAT CONTAINS AT LEAST 60% ALCOHOL. AVOID TOUCHING YOUR EYES, NOSE, AND MOUTH** with unwashed hands.

COVER COUGHS AND SNEEZES

IF YOU ARE AROUND OTHERS AND DO NOT HAVE ON YOUR FACE MASK, REMEMBER TO ALWAYS COVER YOUR MOUTH AND NOSE with a tissue (or use the inside of your elbow) when you cough or sneeze.

Immediately **WASH YOUR HANDS** with soap and water for at least 20 seconds, or use hand sanitizer.



CLEAN AND DISINFECT

CLEAN AND DISINFECT FREQUENTLY TOUCHED SURFACES DAILY, such as desks, doorknobs, light switches, phones, keyboards, faucets and sinks.

IF SURFACES ARE DIRTY, CLEAN THEM. Use detergent or soap and water followed by an EPA-registered household disinfectant.

MONITOR YOUR HEALTH

BE ALERT FOR SYMPTOMS. Watch for fever, cough, shortness of breath, or other COVID-19 symptoms.

TAKE YOUR TEMPERATURE EVERY DAY whether you have symptoms or not. Fever can be one of the first indications of COVID-19.

IF YOU ARE SICK AND HAVE A FEVER, STAY AWAY FROM PEOPLE UNTIL YOU ARE 24-48 HOURS FEVER-FREE. And if you suspect you have COVID-19, quarantine yourself and **CALL YOUR DOCTOR IMMEDIATELY.**



AVOID CLOSE CONTACT

AVOID CLOSE CONTACT WITH PEOPLE WHO ARE SICK, EVEN INSIDE YOUR HOME.

If possible, maintain **6 feet** between the person who is sick and other household members.

PUT DISTANCE BETWEEN YOURSELF AND OTHER PEOPLE OUTSIDE OF YOUR HOME.

Keeping distance is especially important for people who are at higher risk of getting very sick.



COVER YOUR MOUTH AND NOSE WITH A FACE MASK WHEN AROUND OTHERS

You could spread COVID-19 to others even if you do not feel sick.

Everyone should wear a face mask when they have to go out in public.

Face masks should not be placed on children under age 2, anyone who has trouble breathing, or who is unable to remove the mask without assistance.

THE FACE MASK PROTECTS OTHER PEOPLE IN CASE YOU ARE INFECTED... AND PROTECTS YOU FROM GETTING COVID-19 AS WELL.

Continue to keep about 6 feet between yourself and others. **THE FACE MASK IS NOT A SUBSTITUTE FOR SOCIAL DISTANCING.**



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