

6 WAYS TO STOP THE SPREAD

SUMMIT COUNTY NEEDS YOU TO PROTECT YOURSELF AND OTHERS FROM COVID-19.

1 WEAR A MASK

CLOTH FACE COVERINGS ARE REQUIRED IN SUMMIT COUNTY IN ALL PUBLICLY ACCESSIBLE INDOOR SPACES. THEY ARE ALSO REQUIRED OUTDOORS WHENEVER 6 FEET OF DISTANCE FROM OTHER INDIVIDUALS MAY NOT BE POSSIBLE.



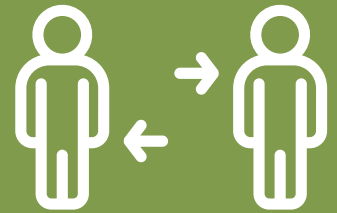
2 WASH YOUR HANDS

HAND WASHING IS ESPECIALLY IMPORTANT AFTER VISITING PUBLIC SETTINGS, AND BEFORE EATING OR TOUCHING YOUR FACE. WASH THOROUGHLY FOR AT LEAST 20 SECONDS. IF SOAP AND WATER ARE NOT AVAILABLE, USE A HAND SANITIZER THAT CONTAINS AT LEAST 60 PERCENT ALCOHOL.



3 STAY 6 FEET APART

PHYSICAL DISTANCING IS ONE OF THE MOST EFFECTIVE PREVENTION MEASURES AGAINST COVID-19. IT'S IMPORTANT TO KEEP AT LEAST 6 FEET OF DISTANCE FROM ANYONE NOT IN YOUR OWN HOUSEHOLD, TO THE GREATEST EXTENT POSSIBLE.



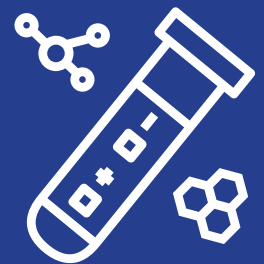
4 STAY HOME IF SICK

IF YOU HAVE ANY SYMPTOMS OF ILLNESS (E.G., COUGH, FEVER, CHILLS, SHORTNESS OF BREATH, SORE THROAT, HEADACHE), ISOLATE YOURSELF FROM OTHERS, INCLUDING HOUSEHOLD MEMBERS, TO HELP PROTECT THEIR HEALTH AND LIMIT THE SPREAD OF DISEASE.



5 GET TESTED IF SICK

GETTING TESTED RIGHT AFTER COVID-19 SYMPTOMS DEVELOP CAN AID IN YOUR TREATMENT. AND TEST RESULTS ARE EXTREMELY VALUABLE TO PUBLIC HEALTH OFFICIALS WHO ARE WORKING TO ASSESS AND CONTROL THE SPREAD OF DISEASE IN OUR COMMUNITY. IT IS EASY, CONVENIENT AND FREE FOR RESIDENTS, WORKERS AND VISITORS.



6 GET A FLU SHOT

THE FLU VACCINE PROTECTS YOU FROM A LEADING CAUSE OF DEATH AND ILLNESS. AN INFLUENZA INFECTION CAUSES MANY OF THE SAME SYMPTOMS WE SEE IN COVID-19, SUCH AS BODY ACHES, FEVER AND SORE THROAT. PROTECTING YOURSELF FROM THE FLU REDUCES STRAIN ON OUR HEALTH CARE SYSTEM AND REDUCES STRESS ON YOU AND YOUR FAMILY. GETTING A FLU SHOT IN SUMMIT COUNTY IS EASY AND CONVENIENT, WITH LITTLE TO NO OUT-OF-POCKET COSTS.

