

# What you can do

*to protect yourself and others from respiratory illnesses  
like COVID-19 coronavirus*

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# Practice good health habits

- **The best way to protect yourself from getting sick and to prevent the spread of germs is to practice good health habits.**
  - Wash your hands often with soap and water.
  - Use hand sanitizer if soap and water aren't available.
  - Cover your mouth and nose with a tissue when you sneeze or cough.
  - Avoid touching your face if you haven't washed your hands.
  - Avoid sharing drinks and eating utensils like forks and spoons.
  - Get a flu shot every year.

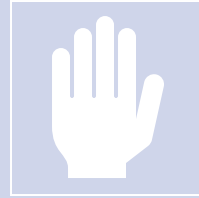


# Stay home when you're sick and avoid sick people

- If you are sick, stay home and try to stay away from other people. You should not go to work or school, attend social gatherings, or take public transportation. This is the best way to keep from giving the disease to other people.
- Avoid being around people who are sick. If someone is coughing, move away. Try to stay at least six feet from people who are sick.
- If you're feeling sick, find out if your health care provider has a telehealth option. This is a good way to avoid crowded waiting rooms. If your provider doesn't have telehealth, call ahead before going to see them.



# Take additional precautions to avoid contact with germs



Avoid shaking hands and hugging people.



Clean surfaces that people touch often like doorknobs, counters, phones, or bathroom faucets.



If there's someone sick at home, clean surfaces that are commonly touched several times a day.

# Take additional precautions to avoid contact with germs

- Try to avoid touching commonly touched objects like elevator buttons or handrails. Wash your hands or use hand sanitizer immediately after touching these objects. Consider using a knuckle to push elevator buttons, or your shoulder to push revolving doors.
- Avoid busy places, events, and crowds as much as possible. Try to run errands like grocery shopping when stores are less busy. Try to keep at least six feet away from anyone who appears to be sick.

# Get prepared now

If lots of people get sick at the same time, there could be disruptions to your normal life. Now is the time to get prepared.

Talk with your doctor and pharmacist to see if you can have a 30-day supply of prescription medications.

Maintain a supply of over-the-counter medications, such as fever-reducing medications or other medications that household members use regularly.

Store extra water or non-perishable food at home, so you'll have some if you can't go grocery shopping.

# Get prepared now



It's a good idea to have enough essential household items, like cleaning products, detergent, pet care items, and diapers, if you have young children.

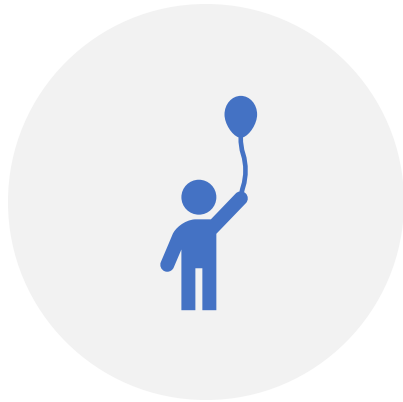


The Philadelphia Office of Emergency Management has tips on which [essential items you should store at home](#) in preparation for any emergency.



Talk to your employer to find out about working remotely and about sick leave.

# Get prepared now



MAKE ARRANGEMENTS FOR BACK-UP CHILDCARE IN THE EVENT THAT YOUR CHILD IS SICK OR SCHOOL IS CLOSED.



IF YOU HAVE ELDERLY PARENTS OR RELATIVES, CONSIDER HOW YOU WILL CARE FOR THEM IF THEY GET SICK. IF THEY RELY ON A CAREGIVER, MAKE BACK-UP PLANS IN CASE THAT CAREGIVER BECOMES SICK AND IS UNABLE TO WORK.



CHECK WITH YOUR CHILD'S SCHOOL OR DAYCARE TO FIND OUT ABOUT PLANS FOR EARLY DISMISSALS AND HOW URGENT INFORMATION WILL BE COMMUNICATED.



Know where  
to get  
accurate  
information

- [Centers for Disease Control and Prevention](#)
  - Twitter: [@cdcgov](#)
- [Philadelphia Department of Public Health](#)
  - Twitter: [@phlpublichealth](#)
- [Philadelphia Office of Emergency Management](#)
  - Twitter: [@philaoem](#)

# Additional Resources

- Learn more about how to prevent the spread of COVID-19 coronavirus [at home, at school, and at work.](#)
  - [https://www.cdc.gov/coronavirus/2019-ncov/community/index.html?deliveryName=USCDC\\_2024-DM21462](https://www.cdc.gov/coronavirus/2019-ncov/community/index.html?deliveryName=USCDC_2024-DM21462)
- Learn more about [home care during quarantine and isolation.](#)
  - <https://www.phila.gov/documents/coronavirus-covid-19-resources/>
- Learn what to do if you [become ill during your visit to Philadelphia.](#)
  - <https://www.phila.gov/documents/coronavirus-covid-19-resources/>
- The Philadelphia Office of Emergency Management has tips on which [essential items you should store at home](#) in preparation for any emergency.
  - <https://www.phila.gov/services/safety-emergency-preparedness/prepare-for-an-emergency/make-a-shelter-in-place-kit/>



# COVID-19 Text Alerts

**Text COVIDPHL to 888-777 to receive updates to your phone.**