10 TIPS TO MINIMIZE RISK DURING COVID-19

From Dr. Adam London, Administrative Health Officer, Kent County Health Department

10 Proper hand washing.

9 Disinfect commonly touched surfaces.
Door handles, cart handles, elevator button, tabletops, electronic devices, etc.

8 Keep yourself strong.
Getting sleep, exercise, proper diet, drinking lots of water, and getting outdoors are things you can do right now to put yourself in better health and in a better position to be strong if you are exposed to the virus.

7 If you are able to work productively from home, do that as much as possible.

6 If you are sick, stay home.

5 If you are a highly vulnerable person, be extra cautious.
This includes those that are over 65, who have heart disease, or a chronic lung condition.

4 If you can wear a mask in public, do so.

3 Avoid large gatherings, especially indoors.

2 Maintain a physical distancing of at least six feet.

1 Employ health screenings.
Make a plan to institute them and encourage staff to participate honestly.