



Greater Tampa Bay Area Council COVID-19 Safety Moment





Know How It Spreads

- **COVID-19 spreads easily from person to person, mainly by the following routes:**
 - Between people who are in close contact with one another (within 6 feet).
 - Through respiratory droplets produced when an infected person coughs, sneezes, breathes, sings, or talks.
 - Respiratory droplets cause infection when they are inhaled or deposited on mucous membranes, such as those that line the inside of the nose and mouth and the eyes.





Wash Your Hands

- **Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.**
- **It's especially important to wash:**
 - Before eating or preparing food
 - Before touching your face
 - After using the restroom
 - After blowing your nose, coughing, or sneezing
 - After handling your mask
 - After touching animals or pets
- **If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.**
- **Avoid touching your eyes, nose, and mouth with unwashed hands.**





Avoid Close Contact

- **Put 6 feet of distance between yourself and people who aren't in your Cohort.**
 - Remember that some infected people may be without symptoms and are able to spread virus.
 - Stay at least 6 feet (about 2 arms' length) from other people.
- **Cover your mouth and nose with a mask when around others**
- **You could spread COVID-19 to others even if you do not feel sick.**
- **The mask is meant to protect other people in case you are infected.**
- **Everyone should wear a mask indoors and when around people who don't live in your household, especially when other social distancing measures are difficult to maintain.**
- **Continue to keep about 6 feet between yourself and others. The mask is not a substitute for social distancing.**





Cover Coughs and Sneezes

- **Always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow and do not spit.**
- **Throw used tissues in the trash.**
- **Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.**

