LET'S KEEP PLAINFIELD PROTECTED
AGAINST THE
NOVEL CORONAVIRUS

Prevention is the best defense. These safety practices are proven to halt the spread of harmful germs during all seasons, but are extremely important as we are battling the new coronavirus. Share these tips on virus prevention and help keep Plainfield safe.

WASH, WASH, WASH YOUR HANDS!

Perhaps the most important prevention method, the CDC recommends washing your hands for at least 20 seconds before eating, after using the bathroom, after sneezing, coughing, blowing your nose, and even after shaking someone's hand. If water and soap are not readily available, use a hand sanitizer with at least 60% alcohol content.

STAY HOME WHEN YOU'RE SICK & AVOID THOSE WHO ARE SICK

Avoid spreading germs if you are sick and stay home from work or school. Keeping your distance from those who are sick is also key in making sure contagious viruses don't make their way into your system!

AVOID TOUCHING YOUR FACE

Your eyes, nose, and mouth are germ-inviting vessels. Touching an infected surface followed by touching your face can introduce unwanted germs into your body.

CLEAN & DISINFECT

Clean and disinfect frequently touched surfaces and objects with disinfecting cleaning sprays and wipes.

Visit a health professional if you are developing symptoms such fever, cough, difficulty breathing, or other cold and flu symptoms, especially if you've been in close contact with a person displaying these symptoms.