



COVID-19 PREVENTION METHODS

The best way to protect yourself and loved ones from contracting the novel Coronavirus (known as COVID-19) is by using the same six daily habits that help prevent the spread of many viruses, including the common cold and the flu:

- **Physical Contact:** Avoid close contact with people who are sick.
- **Keep Hands Clean:** Wash your hands often with soap and warm water for 20 seconds. If soap and water aren't available, use an alcohol-based hand sanitizer.
- **Avoid Touching Face:** Try to avoid touching your eyes, nose, and mouth with unwashed hands.
- **Have a Cough or Cold?** Cough or sneeze into a tissue or your elbow, not your hand.
- **Clean Surfaces:** Clean and disinfect touched objects and surfaces frequently.
- **Feeling Sick?** Stay home when you are sick (and keep sick children home from school).

In addition to these six habits, if you are at higher risk for complications from COVID-19, strongly consider avoiding large social gatherings. People are at higher risk of experiencing more serious disease from a COVID-19 infection if they are 65 years of age or older, or if they have serious chronic medical conditions, including diabetes, heart disease, or lung disease.

You can find the most up-to-date information here: <https://coronavirus.utah.gov/>

ADDITIONAL RESOURCES

[CDC Coronavirus Disease 2019 \(COVID-19\)](#)

[CDC Handwashing Information](#)

[CDC Travel Information](#)

[CDC Information for Healthcare Professionals](#)

[W.H.O Coronavirus disease \(COVID-19\)](#)

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435.893.6800

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435.759.2610

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