Reducing the spread of COVID-19
We ALL Play a Part

HOW TO PROTECT YOURSELF AND OTHERS

Social Distancing

- Keep 6 feet of distance from others in public.
- Avoid visiting friends or family that you don’t live with, especially elders and those with underlying medical conditions.
- Send only one person out for essentials (grocery shopping, bank, post office etc.).

Frequent Handwashing

Wash your hand with soap and water for at least 20 seconds as often as you can.

If soap and water are not available, use a hand sanitizer with at least 60% alcohol.

Stay home if you are sick!

If you exhibit signs of COVID-19 (Fever, cough, shortness of breath) STAY HOME! Call your healthcare provider or BBAHC for additional guidance.

Cover your cough

Cover your nose and mouth when you cough or sneeze. Immediately wash hands.

Clean & Disinfect

Clean and disinfect high touch surfaces daily. Follow CDC guidelines or refer to BBAHC’s Household Cleaning and Disinfection guidance.

If you need to be seen at BBAHC Healthcare Facilities, we kindly ask that you call ahead so preparations can be made for your arrival (907) 842-5201.