TOWN OF BLANDFORD - BOARD OF HEALTH

FOLLOW THESE GUIDELINES TO PROTECT YOURSELF, YOUR FAMILY AND YOUR COMMUNITY FROM COVID 19

IF I am healthy and have no symptoms AND have not been exposed to anyone who was experiencing symptoms

PRACTICE SOCIAL
DISTANCING
AVOID CROWDS,
BETWEEN YOU
AND OTHERS

FOLLOWING CDC
GUIDANCE ON HOW
TO PROTECT
YOURSELF

WASH HANDS, DON'T TOUCH YOUR FACE, STAY AWAY FROM PEOPLE WHO ARE SICK If I have been exposed to someone who was experiencing symptoms OR live in a household with someone who is currently ill or traveled to a level 2/3 country (consult CDC travel advisories

PRACTICE SELF QUARANTINE AND SELF MONITORING

STAY HOME FOR 14 DAYS FROM DATE OF LAST EXPOSURE

DO NOT SHARE TOWELS, EATING UTENSILS, WITH ILL HOUSEHOLD MEMBERS

Clean AND disinfect
frequently touched
surfaces daily. This
includes tables,
doorknobs, light
switches, countertops,
handles, desks, phones,
keyboards, toilets,
faucets, and sinks

IF I am experiencing symptoms of fever, cough or shortness of breath

SELF ISOLATE

STAY HOME DO NOT GO TO WORK, SCHOOL, PUBLIC PLACES, AVOID COMMON AREAS WITH HOUSEHOLD MEMBERS

MONITOR YOUR SYMPTOMS

FEVER, COUGH, SHORTNESS OF BREATH

CALL YOUR DOCTOR