



RECORDING STUDIOS

WHAT YOU SHOULD KNOW ABOUT COVID-19 TO PROTECT YOURSELF AND OTHERS

KNOW ABOUT COVID-19

- Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person.
- The virus that cause COVID-19 is a new coronavirus that has spread throughout the work.
- COVID-19 symptoms can range from mild (or no symptoms) to severe illness.

KNOW HOW COVID-19 IS SPREAD

- You can become infected by coming into close contact (about 6 feet or two arms lengths) with a person who has COVID-19. COVID-19 is primarily spread from person to person.
- You can become infected from respiratory droplets when an infected person coughs, sneezes or talks.
- You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose or eyes.

PROTECT YOURSELF AND OTHERS FROM COVID-19

- There is currently no vaccine to protect against COVID-19. The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19.
- Stay home as much as possible and avoid close contact with others.
- Wear a cloth face covering that covers your nose and mouth in public settings.
- Clean and disinfect frequently touched surfaces.
- Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.

PRACTICE SOCIAL DISTANCING

- Buy groceries and medicine, go to the doctor, and complete banking activities online when possible.
- If you must go in person, stay at least 6 feet away from others and disinfect items you must touch.
- Get deliveries and takeout, and limit in-person contact as much as possible.

PREVENT THE SPREAD OF COVID-19 IF YOU ARE SICK

- Stay home if you are sick, except to get medical care.
- Avoid public transportation, ride-sharing or taxis.
- Separate yourself from other people and pets in your home.
- There is no specific treatment for COVID-19, but you can seek medical care to help relieve your symptoms.
- If you need medical attention, call ahead.

KNOW YOUR RISK FOR SEVERE ILLNESS

- Everyone is at risk of getting COVID-19.
- Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more severe illness.

