

Keep Everyone Safe During COVID-19



Practice Good Hygiene



Stop hand-shakes; use **non-contact greeting methods**.



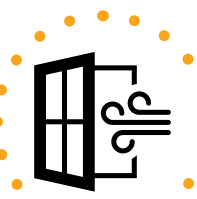
Clean hands at the door and schedule **regular hand-washing** reminders.



Disinfect surfaces like doorknobs, tables, and desks regularly.



Avoid touching your face. Cover your coughs and sneezes.

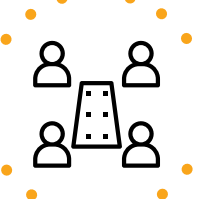


Increase **ventilation** by opening windows or adjusting air conditioning.

Limit Meetings & Non-Essential Travel



Use **video conferencing** instead of face-to-face meetings.



When video calls are not possible, hold your meetings in **well-ventilated rooms and spaces**.



Suspend non-essential travel to Level 3 and 4 countries - see "COVID-19 Travel Recommendations by Destination" at www.CDC.gov Be fully vaccinated before you travel.

Take Care Of Your Emotional & Mental Well-Being



Outbreaks are a stressful and anxious time for everyone - **ask for help!**

**GET VACCINATED!
TAKE YOUR WORLD BACK!**

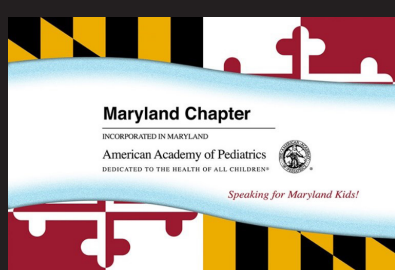
Stay home if...



- You are **feeling sick**.
- You have a **sick family member** at home.
- You have a **fever**.



SOURCE: WWW.CDC.GOV



www.mdaap.org



<http://www.cdc.gov/infectioncontrol/projectfirstline>

Project Firstline is a national collaborative led by the U.S. Centers for Disease Control and Prevention (CDC) to provide infection control training and education to frontline healthcare workers and public health personnel. American Academy of Pediatrics is proud to partner with Project Firstline, as supported through Cooperative Agreement CDC-RFA-OT18-1802. CDC is an agency within the Department of Health and Human Services (HHS). The contents of this program do not necessarily represent the policies of CDC or HHS and should not be considered an endorsement by the Federal Government.