

CORONAVIRUS GUIDE FOR COACH ROZY'S TEAM ELEVATION



1 WHAT TO KNOW

The best defense against viruses, in addition to specific preventable measures, is to maintain a healthy overall lifestyle that includes regular physical activity.



2 WASH YOUR HANDS

Wash hands thoroughly and often, either with soap and water for 20 sec. or with a 60% alcohol-based rub, to kill any viruses on your hands.



3 DON'T TOUCH YOUR FACE

Avoid touching your eyes, nose or mouth with unwashed hands, as any virus on hands from a touched surface can enter the body through the eyes, nose or mouth, according to current information.



4 MAINTAIN SOCIAL DISTANCE

Keep a distance of at least 3 feet between you and apparently healthy persons and stay 6 feet away if a person is coughing or sneezing.



5 LIMIT CONTACT

Avoid close contact with people that are sick. If you're sick with respiratory symptoms like a fever, runny nose and/or cough, stay home. Seek medical advice if your condition worsens with a high fever and/or difficulty breathing.



6 COUGH INTO ELBOW/TISSUE

cover coughs with a tissue or cough into an elbow. Dispose of tissues immediately in a covered bin and wash hands with warm, soapy water (#2). The best way to ensure that surfaces you touch are germ-free is to clean them with a disinfectant.