COVID-19 Tips for staying safe:

- Avoid exposure: Embrace your inner “loner” and avoid non-essential social situations. Younger, lower risk people and others who don’t have symptoms, but can be carriers, won’t even know they’re spreading the virus.

- Wash your hands well and regularly. Sing the ABC song. That will be the 20 seconds that’s recommended. Teach kids to do this, too; it can be part of homeschooling.

- If you can’t wash your hands, use hand sanitizer. Be actively conscious of not touching your face regardless of how many times you wash your hands.

- Maintain “social distancing”. If you HAVE to go out, like to get food or other ESSENTIAL errands, your goal should be to keep a personal space bubble of 6 feet around you. This is the best way we have right now to make an infection barrier between people in a public space; again, because someone may not even know they are carrying the virus.

- Be proactive in protecting yourself, your family and your community by following recommended safe practices. Lake County needs to be able to take care of their own as they have so often in the past; that means we need everyone to do their part and treat this situation with the seriousness it requires.

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