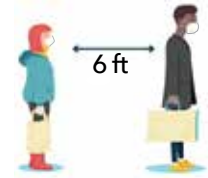


Retail Store Business Practices:

- Provide disinfectant wipes or hand sanitizer (60% alcohol) at the entrance to the store and at different locations within the store, if possible, along with a no-touch trash receptacle for used wipes
- Have employees and customers wear cloth face coverings over nose and mouth when in the store
- Practice social distancing (6 ft) among customers and employees
- Provide curbside pick-up and delivery options if possible, for customers to limit personal contact.



Taking the Train, Carpool or Mass Transit:



- Wear A Mask
- Use hand sanitizer before and after
- When carpooling, open windows if possible

Help Beat Covid! Practice Preventions!



Save Yourself, Your Family, Your City!



I want to volunteer in Perth Amboy's Fight to Beat Covid

Please check one or more:

- Isolation Kit Assembly
- Delivering Masks, Food, and Isolation Kits to those in need

For more information Email:



A Simple
GUIDE
to
Everyday
Health
Practices



Going to the Grocery or Pharmacy:



- **Wear a face mask**
- Wipe down shopping cart handles with disinfectant wipes before you start shopping
- Stay **6 ft** (2 arms lengths) away from others
- Use a hand sanitizer (60% alcohol) to wipe your hands as soon as you leave the store
- Wash hands with soap & water for 20 seconds (sing the Happy Birthday song twice) as soon as you get home



- Order, pay, and call ahead before you pick up your prescriptions

Receiving Take-Out Food



- Pay for your order in advance and arrange for food to be left outside your door
- Remove items from outer packaging and dispose of packaging
- Wipe/disinfect any aluminum, plastic or cardboard food containers before placing on a clean surface
- Wash hands with soap and water for 20 seconds before and after bringing food in

Going Out to Eat:



- Use your bathroom at home just before you leave (Avoid risks of Public Restrooms)
- **Wear a mask**
- **Stay 6 ft apart from others**
- Don't stand where people are congregating, for example at the Entrance or at the Bar

Recreation:



- **Wear a mask**
- **Stay 6 ft apart from others**
- Disinfect door handles (house & car)
- Wash your hands with soap & water for 20 seconds when you enter your home



Self-Isolation



Quarantine:

If you have been in contact with an infected person and live in close quarters that do not have separate areas in which to isolate:

- Wear face coverings on nose and mouth when near others
- Maintain as much physical distance as possible; avoid hugging, kissing, or sharing food or drinks
- Use disposable plates and utensils
- Clean all surfaces and handles after every use with soap and water or disinfectant

When Having Symptoms:

- Cough
- Fever
- Chills
- Muscle pain
- Sore throat
- Loss of taste or smell
- **And especially, Shortness of breath or difficulty breathing**



If you or anyone in your household feels sick with these symptoms,

- **Stay home and call your doctor to seek a video conference**



Getting the Mail

After collecting mail from your mailbox, wash your hands with soap and water for 20 seconds or use a hand sanitizer with at least 60% alcohol.

The majority of transmissions is person-to-person through airborne droplets, but the virus may be contractable through contaminated surfaces such as packaging. It's duration of life on certain surfaces are:

- Several hours to 1 day on fabric, paper, cardboard & wood
- 2-3 days on plastic and metal unless decontaminated

