Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.

Avoiding Touching Your Eyes, Nose, and Mouth with Unwashed Hands.

Avoid close contact with people who are sick. If you are going to a crowded place, try to distance yourself and use the right precautions.

Mask Up
If you are going into public and you are unvaccinated, wearing a mask is the best way to protect yourself. Wearing a mask helps prevent droplets carrying the virus from getting into your system.

Clean and Disinfect
Clean and disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks. If surfaces are dirty, clean them. Follow directions on the disinfectant for proper use.

Cover Coughs and Sneezes
Remember to always cover your mouth and nose with a tissue when you cough or sneeze, or use the inside of your elbow. Immediately wash your hands. If you don’t have access to water or soap, then use hand sanitizer.

Feeling sick?
Schedule an appointment with a Hamilton provider.

GET VACCINATED
The number one way to protect yourself against COVID-19 is by getting vaccinated and staying up-to-date on your vaccination series and updated boosters. Hamilton provides vaccinations, contact us for more information.

WASH YOUR HANDS REGULARLY
Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.

AVOIDING TOUCHING YOUR EYES, NOSE, AND MOUTH WITH UNWASHED HANDS.

AVOID CONTACT WITH OTHERS
Avoid close contact with people who are sick. If you are going to a crowded place, try to distance yourself and use the right precautions.

MASK UP
If you are going into public and you are unvaccinated, wearing a mask is the best way to protect yourself. Wearing a mask helps prevent droplets carrying the virus from getting into your system.

CLEAN AND DISINFECT
Clean and disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks. If surfaces are dirty, clean them. Follow directions on the disinfectant for proper use.

COVER COUGHS AND SNEEZES
Remember to always cover your mouth and nose with a tissue when you cough or sneeze, or use the inside of your elbow. Immediately wash your hands. If you don’t have access to water or soap, then use hand sanitizer.

Feeling sick?
Schedule an appointment with a Hamilton provider.