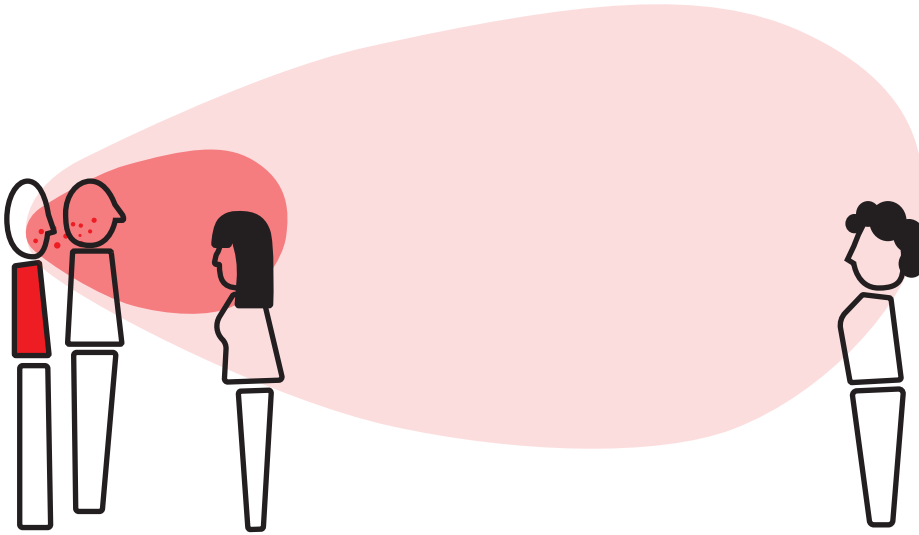# COVID-19 PERSONAL STRATEGIES

BE AWARE OF AEROSOLS

It's important to keep at least 6 feet of distance between you and others who aren't in your home bubble. This applies both indoors and outdoors!

Learn more about aerosols here.

Proper ventilation when indoors is also crucial in mitigating the risk of catching COVID-19. Learn how to build a DIY air filter here.
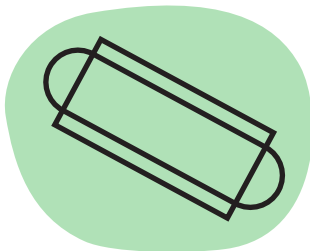
WEAR A MASK

This is a simple and one of the most effective ways to protect yourself and others. Not all masks are created equal, though, and proper use is required for efficacy. Learn more here.
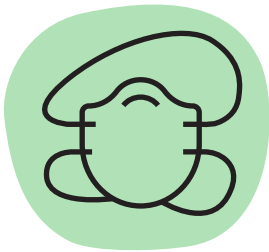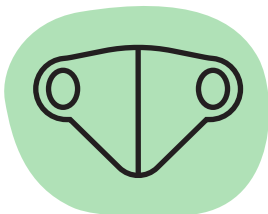
K/N95 MASKS
The gold standard, filters 95% of SARS-COV-2. Can be disinfected after wear for reuse.

SURGICAL MASKS
2nd place, filters 95% of SARS-COV-2. Single use only.

LAYERED CLOTH MASK
Make sure these masks are made of safe and breathable materials. Models have shown that multiple layers of a cotton blend offer the best balance of filtration and breathability.

NON-EFFECTIVE MASKS
Face shields - should only be used in combination with effective masks
Bandanas, scarves, gaiters, fleece, etc. - Not effective and some materials can actually exacerbate aerosol spread.
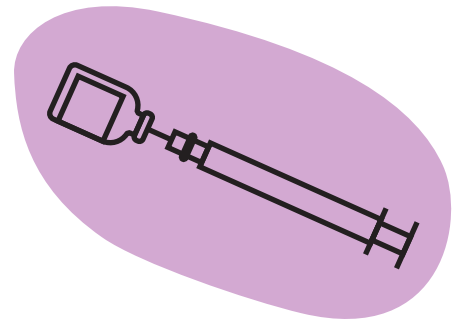
GET A FLU VACCINATION
Getting your flu shot not only protects yourself but everyone around you. It keeps you out of medical offices where there are other sick patients and eases the strain on the medical infrastructure that is being overwhelmed by COVID patients. We can keep hospital beds, medical personnel, and vital supplies open to other patients.

WASH YOUR HANDS
Washing your hands with clean running water and soap can remove 99.99% of germs, including COVID-19, from your hands. Because of how easy and effective handwashing is, there is significant investment in handwashing promotional materials demonstrating effective practices.