

# COVID-19 SAFETY TIPS FOR RESIDENTS



## PROTECT YOURSELF & OTHERS

Help prevent the spread of respiratory diseases like COVID-19

FOLLOW THIS GUIDE TO AVOID GETTING SICK OR SPREADING IT FURTHER

### [+] WASH YOUR HANDS

Wash your hands with soap and warm water regularly.

### [+] COVER COUGH OR SNEEZE

Cover your cough or sneeze with your sleeve, or tissue. Dispose of tissue and wash your hands afterwards.

### [+] DON'T TOUCH

Avoid touching your eyes, nose or mouth, especially with unwashed hands.

### [+] KEEP YOUR DISTANCE

Always stay 6 to 8 feet away from other people.

### [+] ELEVATORS

If you see more than 3 people in an elevator, kindly wait for the next elevator.

### [+] GET HELP

If you experience symptoms of COVID-19 (cough, fever, shortness of breath), call your health care provider or local health department before seeking care.

## STAY HEALTHY

### [+] STAY HOME

Please do your best to remain indoors. Don't risk coming into contact with someone that may have COVID-19.

### [+] DON'T FEEL WELL?

If you experience respiratory symptoms, like a cough or fever, call your health care provider or City's health department before seeking care or leaving your apartment.

### [+] KEEP US INFORMED

If you are displaying symptoms or tested positive for COVID-19, we encourage you to let us know. We can help and can provide you the support you need to keep you and your neighbors safe.

### [+] LIMIT VISITORS

Avoid having visitors inside your apartment and also avoid visiting others. If you need to speak with a friend or neighbor, call them or use a video chat app.

### [+] HAVE A PCA OR HOME HEALTH AIDE?

If you have a PCA or aide that comes to your apartment, make sure they are wearing a mask and gloves. Please call your property management office and provide us their name and number in case we need to communicate with PCAs.

----- Contact your property management office for questions relevant to WHA operations.

----- Visit our COVID-19 page for up-to-date news and info: [www.worcesterha.org/covid19.html](http://www.worcesterha.org/covid19.html)