STAY HOME AS MUCH AS POSSIBLE

ONLY GO OUT IF YOU MUST FOR EXAMPLE
GO OUT for medical needs
DON’T GO OUT for a haircut

AVOID CROWDS
If the place you’re going has a lot of people, don’t go in! Go back later

KEEP YOUR DISTANCE
If you absolutely MUST go out, keep 6 feet between you and other people

PRACTICE “SOCIAL DISTANCING”

PAY ATTENTION TO GOOD HYGIENE

WASH YOUR HANDS
Wash them for 20 seconds every time
DO THIS A LOT

CLEAN & DISINFECT
Do this to all of the surfaces you touch everyday
DO THIS A LOT

DO NOT TOUCH YOUR FACE
Keeps hands OFF of your eyes, nose, mouth and ears

COVER YOUR COUGH/SNEEZE
Cough or sneeze into your elbow, or in a tissue
THROW AWAY USED TISSUES

TAKE CARE OF YOURSELF

IF YOU FEEL SICK
CALL YOUR DOCTOR
Do not go to your doctor’s office unless they tell you to

IF YOU ARE SICK
LISTEN TO YOUR DOCTOR
If you MUST go out, ask them if you need to wear a mask

STAY INFORMED:
Get Up to Date News and Information from
The Center for Disease Control:
WWW.CDC.GOV

The Rhode Island Department of Health:
WWW.HEALTH.RI.GOV

Created by Advocates in Action RI and the RI DD Council
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RHODE ISLAND
Developmental Disabilities Council
Charting a New Course