

This document is meant to help you talk about the COVID-19 pandemic with your friends, family, and community. This information can be trusted - it comes directly from the Yakima Health District and our Washington State leaders.

## **Key Messages**

### **Stay Home**

Staying home is the best way to prevent illness and stop the virus from spreading in the community.

#### **Why?**

- The best way to stop COVID-19 is to stay at home.
- Staying home helps stop the virus from spreading.
- Staying home limits your exposure to people who could have the virus but are not showing symptoms.
- Staying home reduces the chances of bringing the virus home and giving it to family members.

### **Stay Safe**

Wash your hands thoroughly for at least 20 seconds each time, cover your cough, and sanitize surfaces often.

#### **Why?**

- Soap breaks down the fatty exterior of the COVID-19 virus, so washing your hands with soap and warm water helps destroy the virus.
- The virus spreads through droplets from your mouth. When you sneeze or cough, these droplets travel through the air and people nearby can be infected by them.
- The virus can live on surfaces, so it is important to frequently clean and sanitize the objects and surfaces you touch.

### **Stay Six Feet Apart**

If you must go out to work or run essential errands, stay six feet away from others.

#### **Why?**

- If you are within 6 ft. of others you share the same air and increase your risk of getting the virus, especially if those around you are coughing or sneezing.

## **Wear a Cloth Mask**

If you must go out to work or run essential errands, wear a cloth face mask.

### **Why?**

- A cloth face mask can help slow the spread of the virus
- Wear a cloth mask and not surgical or N-95 masks to maintain critical supplies for healthcare workers.

## **Protect Our Community**

Our community is in this together, and we must all take action now to protect our families and our community.

### **Why?**

- The virus will continue to spread unless we all stay home, wash our hands, sanitize surfaces, cover our coughs, and stay six feet apart from others.
- The more people who follow these precautions, the faster we will stop the spread of the virus.

## **Additional Quick Facts**

- Symptoms of COVID-19 include fever, cough, tiredness, and difficulty breathing.
- If you have financial questions, please visit [consumerfinance.gov](https://consumerfinance.gov).
- If you have questions relating to your small business, please visit the Yakima County Development Association's website, [chooseyakimavalley.com/COVID-19](https://chooseyakimavalley.com/COVID-19).

If you have other questions please call 509-249-6503. We will respond as soon as possible.