

Good Health Habits to Follow During COVID-19

The CDC has developed a number of free [communication resources](#) that include handouts, factsheets, posters, and videos to provide to staff and patients. You can also see the [CDC's FAQ Page](#) for more detailed information.

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During the COVID-19 pandemic, patients should be advised to practice the following habits:

- Wash your hands frequently.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- If possible, keep a distance between yourself and someone who is coughing, sneezing or has a fever.
- Avoid touching your eyes, nose and mouth.
- Stay home when you are sick.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Phone ahead and inform the health center when you will visit if you have fever, cough and difficulty breathing.
- Spread trusted information, not germs: See [these sample social media posts](#) for getting the word out about good habits during a pandemic.