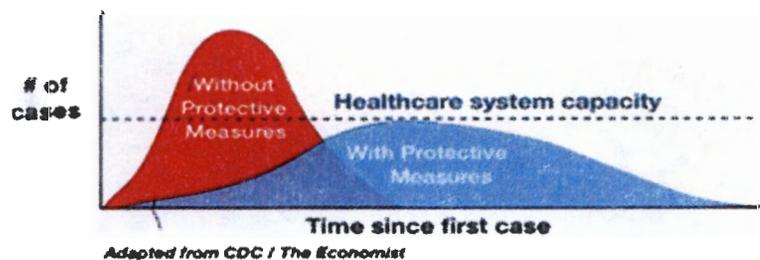


The best way to prevent COVID-19 is to avoid being exposed to COVID-19

The primary spread of the virus, specifically the cases in NM, have been the result of out of state travelers returning back home to NM. Of course, if you can avoid out-of-state travel during this public health crisis, it is highly recommended that you do so. The goal with these extra protection measures is to avoid an overload of the healthcare system in San Juan County and **“flatten the curve”** as illustrated in the diagram below.



Keep up to date with the latest recommendations for reducing your risk of exposure to COVID-19 and what you can do to **“Flatten the Curve”** by visiting <https://cdc.gov> and <https://nmhealth.org>

Take steps to protect yourself

- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands
- Avoid close contact with people who are sick
- Avoid contact with anyone who has traveled outside San Juan County to an area with confirmed COVID-19 cases unless they have completed a 14-day self-isolation
- Put distance between yourself and other people if COVID-19 is spreading in your community. This is especially important for people who are at higher risk of getting very sick.

Take steps to protect others

- **Practice Social Distancing**
 - Follow the most current recommendations from the CDC <https://cdc.gov> and New Mexico Department of Health <https://nmhealth.org>
 - If you have traveled outside of San Juan County to a county, or country that has confirmed COVID-19 patients it is recommended that you self-isolate for a period of 14 days
 - Stay home if you're sick Stay, except to get medical care.
 - Unless you are in need of emergent care, please contact your provider via phone for directions for the next steps in your care.
- **Cover Coughs and sneezes**
 - **Cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow.
 - **Throw used tissues** in the trash.
 - Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

Clean and disinfect

- **Clean AND disinfect frequently touched surfaces daily.** This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- **If surfaces are dirty, clean them:** Use detergent or soap and water prior to disinfection

Additional sources of information:

New Mexico Department of Health Coronavirus Hotline: 1-855-600-3453

San Juan Regional Medical Center Coronavirus Information Hotline: 505.516.0938
or 888.949.5387