



PROTECTING OUR COMMUNITY DURING COVID-19
Wash your hands frequently. Stay 6 ft. apart. Wear a mask.
Any symptoms of illness? Please stay home.
Avoid the “3C’s”: crowds, closed spaces, close contacts.



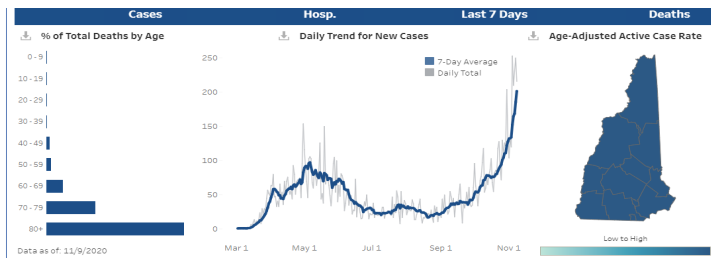
GATHERINGS & BUBBLES

The virus spreads from person to person on airborne droplets. Protect your family with masks, distancing & associating only with those in your household or isolating group (bubble). New contacts, crowded, stuffy spaces and letting your guard down increases your risk.

TRAVEL

Traveling outside New England? Stay at home for 14 days after you return to NH.

Traveling within New England? Check the community transmission rate in your destination and try to reduce your risk.



STAY INFORMED

Choose a source of information you can trust. The NH Dept of Health & Human Services website is: [NH.gov/Covid-19](https://www.nh.gov/Covid-19) The City Health Dept. website is: [CityofPortsmouth.com/health/coronavirus-response](https://www.cityofportsmouth.com/health/coronavirus-response)



DON'T GIVE UP OR GIVE IN!

Find answers to questions and listen to others' concerns. Talk to the professionals: health care, teachers, school nurses, assistance resources. We're all in this together. [CityofPortsmouth.com/city/covid-19-information](https://www.cityofportsmouth.com/city/covid-19-information)

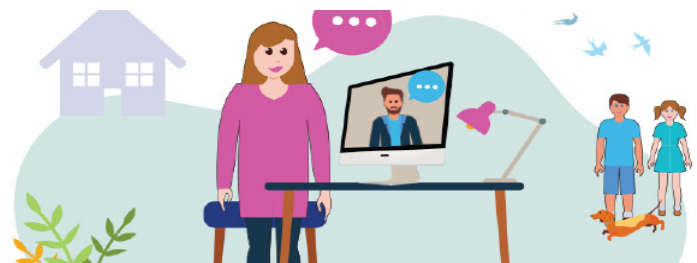


MASK WEARING

Wearing a mask protects others and protects you. Portsmouth has a Mask Ordinance for public places. <https://www.cityofportsmouth.com/sites/default/files/2020-10/Mask%20Ordinance%20%2303-2020.pdf> Keep on hand several cloth masks that fit. Wash each cloth mask after each use.

QUARANTINE & ISOLATION

If you've had recent close contact for more than 10 minutes (cumulative) with someone who tests positive for the virus, get tested, then stay home for 14 days. Test positive for COVID-19? Isolate in your home and wear a mask/maintain 6' if you have to be in contact.



HAVE A BACKUP PLAN

What if you have to stay home, sick?
 What if the school calls because your child is sick?
 Is your emergency contact info up-to-date?



SUPPLIES

Have on hand tissues, soap, hand sanitizer, disinfectant wipes and masks for each person. Make sure you have a thermometer that works. Keep 2 weeks of food & prescriptions on hand.