

ALEXANDRIA: PREPARE. PROTECT.

PREVENT THE SPREAD OF COVID-19



The Alexandria Health Department strongly urges all community members to change their daily behavior now to reduce risk from COVID-19, particularly to protect our most vulnerable populations.

This includes the following guidance:

- **Avoid non-essential gatherings of 10 or more people**
- **Practice social distancing** by maintaining six feet of personal space
- **Stay home when sick.** Avoid close contact with people who are sick and cough or sneeze into your elbow or a tissue, then wash your hands.
- **Wash your hands often** or use hand sanitizer with at least 60% alcohol
- **Clean and disinfect frequently** touched objects and surfaces

In addition, follow safe food handling practices:

- **Merchants should use gloves properly** and change gloves frequently.
- **Merchants should discontinue sampling** of cut or open foods.
- **Everyone should use non-cash forms of payment** when possible. Wash or sanitize hands immediately after handling cash or payment devices.
- **Wash fruits and vegetables** according to FDA guidance before preparing or eating produce.

For alerts, text **ALEXCOVID19** to **888777**



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