

# Five Commitments for Containment



## **I will maintain six feet of physical distance from other individuals.**

- Physical distance is one of the most effective prevention measures.
- I will keep this distance from any person who is not from my household.

## **I will wash my hands often and for at least 20 seconds.**

- Hand washing is especially important after visiting public settings and businesses and before eating or touching my face.

## **I will cover my face in public.**

- I will wear a face covering whenever I am outside and may not be able to maintain 6 feet of physical distance from others.
- I will wear a face covering whenever I am in indoor areas open to the general public.
- Face coverings are not a substitute for maintaining physical distance.

## **I will stay home when I am sick.**

- Isolating myself from others, including household members, will help protect them and limit the spread.

## **I will get tested immediately if I have COVID-19 symptoms.**

- Testing early after COVID-19 symptoms develop can provide valuable information to help prevent spreading COVID-19 to other people and to inform public health officials about the extent of disease spread in the community.