



Vida Medical Clinic & Support Services COVID-19 Safety Recommendations

The Center for Disease Control [CDC] and local health care providers recommend that individuals take the following steps to prevent/ minimize the spread of this illness:

- Avoid close contact with people who are sick
- Practice social distancing by avoiding spaces where close contact with others is expected
- Avoid touching your eyes, nose and mouth
- Stay home when you are sick
- Cover your cough or sneeze with a tissue, then throw the tissue away
- Clean and disinfect frequently touched surfaces and objects using any of the following products:
 - 70% or greater isopropyl alcohol (liquid)
 - Clorox Disinfecting Wipes
 - Clorox Healthcare Bleach Germicidal Disinfectant Wipes
 - Super Sani-Cloth Germicidal Disposable Wipes
 - Lysol Spray
 - When cleaning surfaces with wipes or spray, it is recommended to allow the surface to air dry
- Wash your hands often with soap and water and for at least 20 seconds, especially after going to the bathroom, before eating, and after blowing your nose, coughing or sneezing. If soap and water are not available, use an alcohol-based hand sanitizer.
- Follow the CDC's present recommendation to wear a facemask in public