

Lakeside Medical Center and the Health Care District of Palm Beach County are going the extra mile to keep the Glades healthy. Please share the message to Stay Home and Stay Safe.

Please share the Coronavirus General Prevention information from the Florida Department of Health through your social media platforms and your email contact lists. Let's get the word out to Stay Home Glades, Stay Safe Glades!

#StayHomeGlades
#StaySafeGlades



COVID-19 General Prevention



#StayHomeGlades
#StaySafeGlades

Florida Department of Health • FloridaHealth.gov • tinyurl.com/FLcdcprevention

Protect yourself from all infectious diseases by using these precautions.

 <p>Stay home when you are sick</p>	 <p>Avoid contact with people who are sick</p>	 <p>Get adequate sleep and eat well-balanced meals</p>
 <p>Wash hands often with soap and water – 20 seconds or longer</p>	 <p>Dry hands with a clean towel or air dry your hands</p>	 <p>Avoid touching your eyes, nose, or mouth with unwashed hands or after touching surfaces</p>
 <p>Cover your mouth with a tissue or sleeve when coughing or sneezing</p>	 <p>Clean and disinfect “high touch” surfaces often</p>	 <p>Call before visiting your doctor</p>

Clean all “high-touch” surfaces every day.

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tables, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

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