

# COVID-SAFE PRACTICES FOR ALL NEW MEXICANS

Living in a COVID-positive world requires discipline from all of us. In order for the rate of spread of COVID-19 to decrease enough for businesses to safely reopen, it is imperative that New Mexicans stay home as much as possible.

## Stay Home:

- In general, stay at home: avoid unnecessary travel and always stay at home when you are sick (except for medical emergencies).
- Wash your hands frequently.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Provide for all meetings to take place remotely whenever possible.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.
- Watch for symptoms of COVID-19:
  - Fever
  - Cough
  - Shortness of breath
  - Sore throat
  - Headache
  - Muscle pain
  - Chills
  - Repeated shaking with chills
  - Loss of taste or smell

## If You Must Go Out:

- Individuals are required to wear a face covering or mask in public spaces except when eating or drinking, or unless otherwise advised by a health care provider.
- Maintain a 6-foot distance from others.
- Avoid gatherings.
- Protect vulnerable populations by finding ways to connect without face-to-face contact.

