THE Essential Eight

Things you can do to minimize your risk and the risk to others during the COVID-19 pandemic

1. Wash Hands
   Practice good hand hygiene.

2. Keep Safe Distance
   6 Feet
   Practice physical distancing. Avoid crowds, especially activities that put you in proximity to people who are shouting or singing.

3. Limit Interactions
   When you interact with people who are not in your household:
   a. Limit close interactions to a few minutes
   b. Meet outdoors
   c. Wear a mask

4. Work from Home if you can.

5. Protect Yourself
   Don’t rely on other people’s symptoms (such as fever or cough) to tell you who is contagious. People can spread the SARS-CoV-2 coronavirus before they get symptoms.

6. Protect the Elderly
   Be especially cautious in your interactions with the elderly. The fatality rate in persons over 80 years old who get COVID-19 is 13-20%.

7. Stay Vigilant
   Keep an eye on local rates of new infections.

8. Quarantine Yourself
   Quarantine yourself immediately if you or one of your close contacts tests positive for the SARS-CoV-2 coronavirus.

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