Community Mitigation [Mi-ti-gay-shun] and why we ALL should practice it

- **What is community mitigation?** Actions taken by the community that help slow the spread of a disease.
- **Why should we practice it?** To slow down how quickly the virus will go from person to person. If we ALL take action we can stop hospitals from being overrun.

**If we do nothing**

**If we do something**
Coronavirus only impacts people with weak immune systems. I'm good.

This virus can still impact you, those you love, and people you don't know. Practice Community Mitigation.

#SocialDistancing

Community Actions
- Provide work from home options
- Extend paid sick leave to all employees
- Postpone large social gatherings
- #SocialDistancing: Stay 6 feet away from other people
- Check in on your community
  - Healthy people can offer childcare
  - Help everyone stock supplies
  - Donate financial aid to those in need

Individual Actions
- #SocialDistancing: Stay 6 feet away from other people
- Stay home from work when sick
- Cover coughs and sneezes
- Wash your hands (warm water, soap) for 20 seconds, frequently
- Routinely clean "high touch" surfaces in your home and workplace
- Stock 2 weeks of food and household items

217-239-7877  coronavirus@c-uphd.org  www.c-uphd.org  Facebook: @CUPHD  Twitter: @CU_PublicHealth