Hand Washing
Wash your hands often with soap and water for at least 20 seconds.

- Hands should be washed after coughing or sneezing, blowing your nose and using the bathroom and before eating and preparing food.
- Avoid touching your face with unwashed hands.
- If soap and water are not available, use an alcohol based hand sanitizer (at least 70% alcohol) and rub your hands together until they are dry.

Cover Your Coughs and Sneezes
Cover your cough or sneeze in your inner elbow or with tissue. Discard the tissue immediately after use and wash your hands.

Do not Share Personal Items
Do not share items such as dishes, glasses, cups, utensils, towels, bedding or toothbrushes with other people.

Clean and Disinfect Frequently Touched Surfaces
All surfaces that are touched often should be cleaned and disinfected everyday. Examples include faucets, toilets, phones, remotes controls, counters, doorknobs, keyboards, tablets, bedside tables and light switches.

For More Information:

<table>
<thead>
<tr>
<th>Facility</th>
<th>Telephone:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Elizabeth Estates Clinic</td>
<td>324-2897</td>
</tr>
<tr>
<td>Fleming St. Clinic</td>
<td>322-6720</td>
</tr>
<tr>
<td>Flamingo Gardens Clinic</td>
<td>361-6429</td>
</tr>
<tr>
<td>South Beach Health Centre</td>
<td>392-1783</td>
</tr>
</tbody>
</table>

COVID-19 Hotline: 511

Persons violating the quarantine protocols could face a twenty thousand dollar ($20,000) fine or up to five (5) years imprisonment.
Face masks are to be worn by you and your caregiver any time you have to share a space at home or at the facility.

When using a face mask:
- Put on and take off the mask from the back.
- Do not touch the front of the mask while you are wearing it.
- Put on a clean mask each time you need one.

Wear a Face Mask

If you develop symptoms of COVID-19 or are concerned about your health, FIRST contact your healthcare provider. They will advise you on what to do from home.