

STOP THE SPREAD OF COVID-19



WASH YOUR HANDS FREQUENTLY

Regularly and thoroughly wash your hands with soap and warm water, or use an alcohol-based hand-sanitizer when washing your hands is not an option. Regularly disinfecting surfaces (especially those which are frequently touched) is also recommended.



MAINTAIN
PHYSICAL DISTANCING

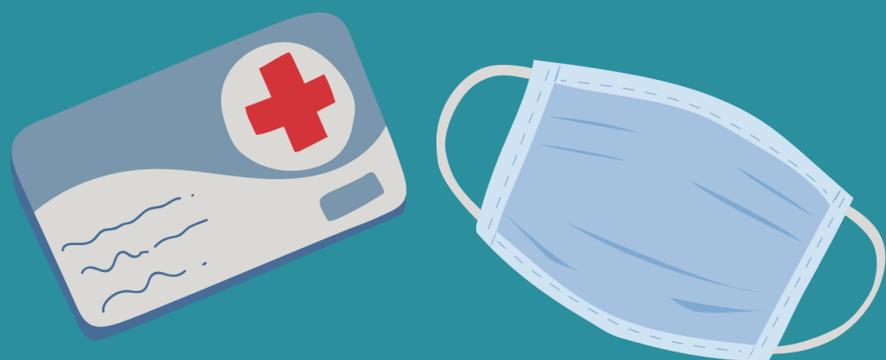


6 foot minimum



A statement from Chief O'Malley with the
Lewiston Police Department:

"The Police Department has received a large number of calls and messages on possible violations of the Governor's Emergency stay at home order. The Department will enforce this order. Our initial response will be educational measures, including warnings and providing a copy of the Order. If individuals continue to violate the order, they will be issued a criminal summons or arrested."



WEAR A MASK IN PUBLIC

The Centers for Disease Control and Prevention (CDC) now recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies). Masks can be homemade, and scarfs, bandannas, and T-shirts can be used to do so. Masks should be properly thrown away (in a trash can, along with gloves you may have worn) or washed and dried between uses, and you should carefully remove them. These type of masks are meant to help prevent those around you from becoming ill if you are infected but not showing signs or symptoms.



AVOID TOUCHING YOUR EYES, NOSE, AND MOUTH

Hands touch many surfaces and can easily pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose, or mouth. In general, people often subconsciously touch their faces regularly which makes it especially important to pay attention to this.

PHYSICAL DISTANCING AND RISK REDUCTION

STAYING SAFER DURING THE
COVID-19 PANDEMIC



Some activities that
used to be safer can
now put you at

Higher Risk

for getting or spreading
COVID-19 to people
you care about.

Hanging out with birth
or chosen family
members who don't
live with you a few
days a week like usual.

Going out with friends
and driving to the
store together
because one person
wants or needs
something and you
are bored.

Meeting up with a
partner to
Netflix and Chill.



However, there
are still many

Safer Options

that can help meet your
emotional, physical, &
social wants and needs.

Message, call, video-
chat, or write letters to
friends and family who
do not stay in the same
place you stay.

Take turns being the
one who shops alone
(only when necessary)
and then drops items
off outside where
friends stay for them to
bring in after you leave.

Alternatives include
abstinence, fantasy,
telephonic verbal
exchanges with a
partner, and self-
masturbation.