

# 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, drinking or swimming, 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.