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### BEST PRACTICES

We recommend taking action to help limit the spread of COVID-19, even if staff members or students are not experiencing symptoms:

- **Wear a mask** (covering mouth and nose) while in public places or if people who do not live with you must visit your home.
- **Practice social distancing** (maintaining a distance of 6 feet apart).
- **Practice frequent handwashing** (using soap for 20 seconds or hand sanitizer with 60% alcohol).
- **Follow capacity restrictions** of social gatherings.
- **Cover coughs and sneezes** with a tissue or with the inside of your elbow and immediately wash your hands.
- **Stay at home if you are sick**; you can also get tested.
- **Answer the phone if the health department contacts you**, as a contact tracer may be trying to reach you with important information.

The latest information is available at

- [Michigan Department of Health and Human Services Epidemic Orders](#)
- [Michigan.gov/Coronavirus](#)
- [CDC.gov/Coronavirus](#)