

10 STEPS

TO FIGHT COVID-19



TEAM
KENTUCKY

[KYCOVID19.KY.GOV](https://www.ky.gov/covid19)

#TEAMKENTUCKY
#TOGETHERKY
#HEALTHYATHOME

✓ **Stay Healthy at Home**

Leave only for essential items such as groceries once a week.

✓ **Avoid Crowds & Gatherings**

Avoid crowds of any size, including home visits, recreational areas or crowded shopping.

✓ **Practice Social Distancing**

Maintain 6 feet between you and others at all times.

✓ **Know When to Seek Care**

Follow the 'When to Seek Care' guidelines available at [KYCOVID19.KY.GOV](https://www.ky.gov/covid19).

✓ **KYCOVID19.KY.GOV**

Stay up-to-date through reliable sources such as [KYCOVID19.KY.GOV](https://www.ky.gov/covid19).

✓ **Wash Hands & Surfaces**

Use soap and warm water and wash hands for 20+ seconds. Frequently disinfect regularly used surfaces.

✓ **Apply for Benefits**

Kentucky has expanded unemployment benefits. If you have not applied, visit [KCC.KY.GOV](https://www.kcc.ky.gov).

✓ **Prioritize Mental Health**

Seek out virtual social opportunities and maintain a routine. Other practices can be found at [KYCOVID19.KY.GOV](https://www.ky.gov/covid19).

✓ **Do Not Travel**

The safest place for you and others is at home. Do not travel by car or plane.

✓ **Report Non-Compliance**

If you see individuals or businesses not complying with COVID-19 guidelines, report to the KYSAFER hotline at 1-833-KYSAFER.