

**FIGHT COVID-19 HAND-TO-HAND (USE GOOD HAND HYGIENE)**

Clean hands are crucial when fighting viruses. Make sure you’re doing it the right way to ensure that you’re not spreading COVID-19 when you touch shared surfaces.

- Use warm water and soap and scrub your hands for at least 20 seconds.
- Make sure you get the backs of your hands, in between your fingers, and under your nails.
- Wash your hands after eating and using the restroom, leaving a public place, touching your face, touching your mask, caring for a sick person, and coughing or sneezing.

- Do not touch your eyes, nose, or mouth with dirty hands.
- Use hand sanitizer with at least 60% alcohol when you aren’t near a sink and your hands don’t have visible dirt on them.

**HEALTH CENTERS**

- **John C. Murphy Health Center***
  
  6121 North Hanley Road
  
  Berkeley, MO 63134
  
  (314) 615-0500

- **North Central Community Health Center**
  
  4000 Jennings Station Road
  
  St. Louis, MO 63121
  
  (314) 615-9700

- **South County Health Center***
  
  4580 South Lindbergh Boulevard
  
  Sunset Hills, MO 63127
  
  (314) 615-0400

* Drive-up COVID-19 testing available.

Get free Narcan® at county clinics or by mail at [https://bit.ly/3mV4vLm](https://bit.ly/3mV4vLm)

**COVID-19 Vaccines**

The COVID-19 vaccine is available at several sites throughout the county. To sign up for your appointment, visit [revivestl.com](http://revivestl.com) or email us at DPHCOVIDvaccine@stlouiscountymo.gov. If you don’t have internet access, call (314) 615-2660.

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**KEEP SAFE FROM COVID-19**

Saint Louis County CARES

[revivestl.com](http://revivestl.com)

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**VENTURE OUT SAFELY**

- The first step in protecting others is understanding your own risks. ALWAYS stay home if you don’t feel well.
- Make sure you have the supplies you need to fight disease. Don’t leave home without a mask and hand sanitizer.
- Before you go to a social event or a business, check to see what safety measures they’re taking. Don’t go if people aren’t wearing masks or if everyone is crowded together.
- Choose activities that involve fewer people and stick to outdoor spaces. Keep space between yourself and others and wear a mask while you’re not eating or drinking.
- Don’t touch the same objects as other people without cleaning your hands—especially if you’re eating or drinking at the same time.

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**SUIT UP (PROPER MASK WEARING)**

- Wash your hands before putting on your mask.
- The mask should fit snugly to the sides of your face but still allow you to breathe easily.
- Put it over your nose and mouth and secure it under your chin.
- Wash your cloth mask each time you wear it. If you use disposable masks, make sure you put the used masks safely in the trash.
- Avoid touching the mask while using it. If you need to touch the mask, wash your hands before and after with soap and water or use a hand sanitizer containing at least 60% alcohol.

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**KEEP YOUR FORCE FIELD UP (PRACTICE SOCIAL DISTANCING)**

“Social distancing” is the practice of keeping extra space between yourself and people who don’t live with you.

The virus can travel through air, but it has limits. Wear a mask and keep a distance of at least 6 feet around you when you’re out in public. If you can’t keep that 6-foot barrier, make sure you limit the amount of time you spend close to someone.