



Aspen Valley
Health

Thriving Together

Make infection prevention a part of your family fun. When you make these 4 simple steps a habit, you can feel good about taking care of yourself, your neighbors and everyone who makes up our vibrant community.

When to Wear a Mask

Please wear a mask under the following circumstances:

- If you have had a positive test for COVID-19, or other respiratory illnesses, in the last 10 days.
- If you have had recent, close contact with someone sick with a respiratory illness.
- If you have seasonal illness symptoms, including fever, cough, shortness of breath, fatigue, muscle/body aches, headache, loss of taste/smell, sore throat congestion or runny nose, nausea, vomiting or diarrhea.
- If you feel more comfortable wearing a mask.

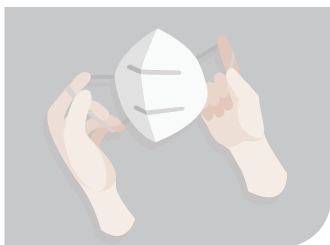
Vaccinate Seasonally

Chat with your primary care provider about which seasonal vaccinations are suggested for your family. As kids head back to school each fall, many seasonal illnesses are preventable using measures recommended by your medical team.

Stay at Home When You Are Sick

If you feel sick, prevent the further spread of illness by staying home and monitoring your symptoms.

Wearing your mask properly keeps germs out of your nose and mouth.



1. Hold the mask by the loops.



2. Cover your nose, mouth and chin.



3. Form the mask over and around your nose.

For you. For life.

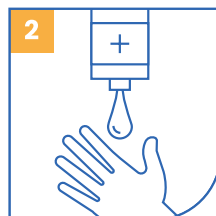


Healthy Habits for Happy Hands

Create your own handwashing song by writing the lyrics of your favorite song in the lines below.



WET HANDS



APPLY SOAP

Soap your hands for at least 20 seconds



PALM TO PALM



PALM OVER BACK OF HAND



FINGERS INTERLACED



KNUCKLES



THUMBS



FINGERNAILS



RINSE



DRY THOROUGHLY



YOUR HANDS ARE CLEAN

For every 10 times that you use hand sanitizer, stop and wash your hands!

When you don't have access to soap and water, use a generous amount of hand sanitizer. Rub on your skin and nails for at least 20 seconds or until it is dry. Do not rinse or wipe it off.



Aspen Valley Health

Primary Care

Basalt

1460 East Valley Road

Aspen

0401 Castle Creek Road

970.279.4111

Monday-Friday, 8 am-5 pm

Virtual visits available

aspenvalleyhealth.org

[aspenvalleyhealth](https://www.aspenvalleyhealth.org)