

PROTECT YOURSELF & OTHERS FROM COVID-19

Wash Your Hands Frequently



As you or your phone touch surfaces touched by others, you have the potential to pick up the drops of the virus from someone infected -who may not even know they are infected. Clean common surfaces frequently.

Don't Touch Your Face



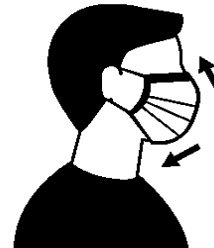
The virus enters your body through your face. In between hand cleanings, keep your hands away from your face.

Stay Home -If Sick



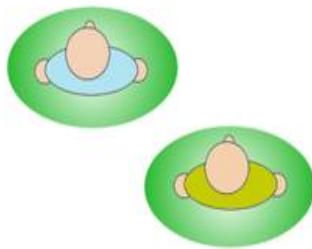
Call your doctor if you have a high fever and difficulty breathing, cold-like symptoms but much worse. If suspicious, get tested.

Wear A Mask



Always wear a face covering when in public near people not in your family unit (your bubble). Make sure it covers the nose. Plastic shields are an option.

Social Distance -Six Feet



Keep a "social distance" of at least six feet between you and others (including in elevators). Do not gather in large groups. Avoid others when exercising outdoors.

Quarantine



If you are exposed to someone who is positive, self quarantine for two weeks. Get tested if need be. Don't panic and get adequate sleep.