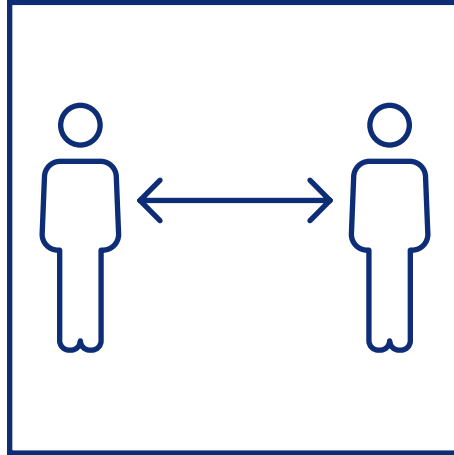


COVID-19 Virus: Protect Yourself and Others



Frequently wash hands with soap and water for at least 20 seconds.



Keep your distance from others.



Clean and disinfect high touch surfaces. Follow cleaner label instructions.

Source: CDC



Cover your mouth with a tissue or your sleeve (not your hands) when you cough or sneeze.



Stay at home if you have symptoms consistent with those of COVID-19 (e.g., fever, cough, difficulty breathing).



Always call ahead before going to the doctor's or the emergency department.