HELP PROTECT YOURSELF & YOUR FAMILY

HERE ARE SOME TIPS ON HOW YOU CAN HELP SLOW THE SPREAD OF COVID-19

- Wash your hands with soap and water for at least 20 seconds. If soap and water are not available, use an ALCOHOL-BASED hand sanitizer.

- Cover your cough or sneeze with a tissue then throw the tissue in the trash.

- Avoid touching your eyes, nose and mouth with unwashed hands.

- Clean and disinfect frequently touched objects and surfaces.

- Avoid close contact with people who are sick.

- If you are sick, STAY HOME! DO NOT go to work or school.