

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.



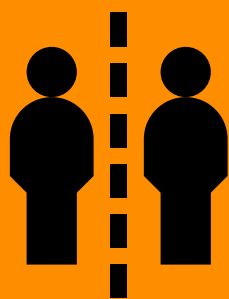
Cover your cough or sneeze with a tissue then throw the tissue in the trash.



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.

