PROTECT YOURSELF. PROTECT YOUR COMMUNITY.

COVID-19 (CORONAVIRUS): HOW CAN YOU HELP?

INFORMATION TAKEN FROM THE CENTERS FOR DISEASE CONTROL AND PREVENTION

Wash your hands with soap and water for at least 20 seconds especially after being in a public place, after blowing your nose, coughing, or sneezing.

Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow. Do not use your bare hands. Dispose used tissues in trash immediately and wash your hands.

If you have a fever, fatigue, body aches, cough, and worsening symptoms, stay home. Do not come to work or be in public.