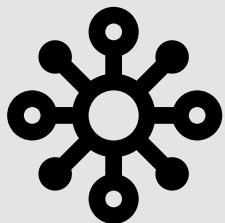


COVID-19 PREVENTION

Help to prevent the spread of the
coronavirus



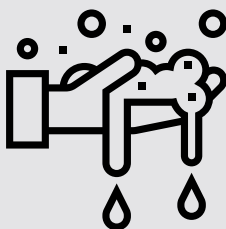
1 KNOW THE SYMPTOMS

COVID-19 patients have reported mild to severe respiratory illness. Symptoms can appear 2-14 days after exposure and can include fever, cough and shortness of breath.



2 STAY HOME IF YOU ARE EXPOSED OR SICK

Restrict activities outside your home if you are sick or have been exposed to someone who is sick. Stay in a specific room away from others, wear a facemask and avoid contact with pets or animals.



3 WASH YOUR HANDS

Clean your hands regularly with soap and water for at least 20 seconds especially if you have been in a public place or after blowing your nose, coughing, or sneezing.



4 COVER YOUR NOSE

Cover your nose and mouth with a tissue when you cough or sneeze or use the inside of your elbow. Throw the tissue in the trash and immediately wash your hands.



5 AVOID TOUCHING EYES, NOSE AND MOUTH

Touching sensitive parts of your face increases the likelihood of being infected, especially if your hands are not clean. Try to avoid touching your face in any situation.



6 CLEAN FREQUENTLY

Clean and disinfect frequently used surfaces often including tables, doorknobs, light switches, keyboards and phones. Use disinfectants that are appropriate for the surfaces.