

COVID-19

REMINDERS

RECOMMENDED BY THE CDC (CENTERS FOR DISEASE CONTROL)



WASH YOUR HANDS OFTEN

WITH SOAP AND WATER FOR AT LEAST 20 SECONDS, ESPECIALLY AFTER BLOWING YOUR NOSE, COUGHING, OR SNEEZING, OR HAVING BEEN IN A PUBLIC PLACE.

DO NOT TOUCH

AVOID TOUCHING EYES, NOSE OR MOUTH WITH UNWASHED HANDS.



SOCIAL DISTANCING

AVOID CLOSE CONTACT WITH PEOPLE WHO ARE SICK AND STAY AWAY FROM LARGE GATHERINGS AND CROWDS.

IF YOU ARE HIGHER RISK

(AGES 65+ OR LONG-TERM HEALTH PROBLEM) STAY HOME AS MUCH AS POSSIBLE. CONSIDER WAYS OF GETTING FOOD BROUGHT TO YOUR HOUSE THROUGH FAMILY, SOCIAL, OR COMMERCIAL NETWORKS.

