

COVID-19 PREVENTION

STOP THE SPREAD!



PRACTICE GOOD HEALTH HABITS!



WASH YOUR HANDS.

Using soap and water, wash your hands for 20 seconds. Hand sanitizer comprised of 70% alcohol can be used in a pinch.



COVER COUGHS AND SNEEZES.

Coronavirus COVID-19 is spread through the respiratory emissions of those infected so make sure to cover coughs with the crook of your elbow and sneezes with a tissue.



DON'T TOUCH!

Don't touch your face with your hands. This includes your eyes, nose and mouth - the main entry point for this respiratory virus!



DISTANCE YOURSELF.

Experts agree that you should keep a distance of at least 6 feet between you and another person to stop the spread of coronavirus.



STAY HOME.

If you begin to show any symptoms of COVID-19, stay at home! Do not go to work, social functions or shopping trips.



SEEK HELP.

Call your physician for further instructions if you have any symptoms of COVID-19.

KNOW THE SYMPTOMS!

- > Fever
- > Cough
- > Shortness of Breath
- > Headache
- > Sore Throat