

Keep COVID-19 from Spreading

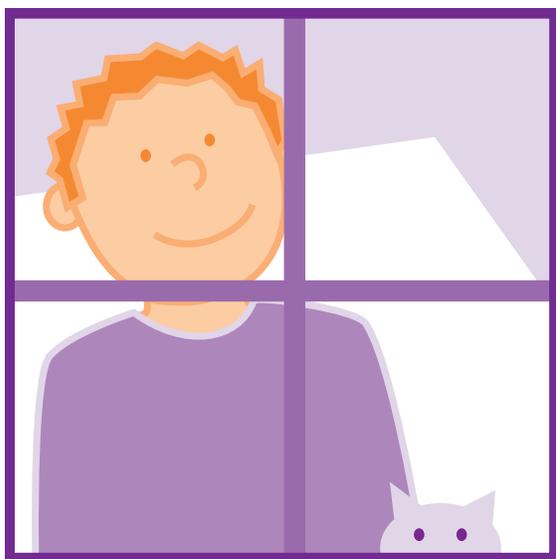
Everyone can help



Wash hands with soap and water or use hand sanitizers.



Cover your coughs and sneezes with a tissue or your sleeve.



Stay home as much as possible and only go out for essentials.



For the safety of your loved ones, caring means not visiting.

To protect yourself and others!

- Stay at home as much as possible.
- Cover your mouth and nose with tissues when you cough or sneeze.
- Wash your hands for 20 seconds with soap and water.
- Wear a face covering when you go out around other people.
- Keep 6 feet away from others.
- Don't visit, keep in touch by phone.