

COVID—19

Follow the Recommendations from the Centers for Disease Control (CDC)

STAY AT HOME:

Stay at home except for accessing essential services. If you are sick, do not leave your home until you are symptom free for at least 72 hours. If you have questions about your symptoms, call your doctor's office.

CONTINUE TO PRACTICE GOOD HYGIENE:

Wash your hands often for at least 20 seconds with soap and water especially if you have been in a public place, blow your nose, cough or sneeze. If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub until dry.

SANITIZE SURFACES:

Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.

COVER COUGHS AND SNEEZES:

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