

COVID-19 SAFETY TIPS



Make it a habit.



Wash your hands with soap and water for 20 seconds, often.



Cover your coughs and sneezes with your sleeve or a tissue. (And immediately throw away used tissues.)

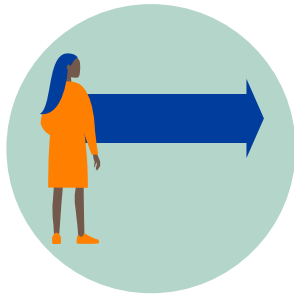


Clean the things you touch a lot—like doorknobs and light switches.

Remember the basics.



Consider staying home, unless you're going out for the essentials.



Stay 6 feet away from others when you have to go out.



Wear a mask over your mouth and nose when you go out.

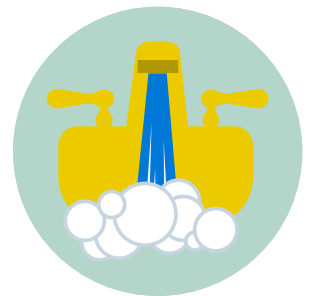
Keep your reusable mask clean.



Don't touch your face while wearing a mask.



When done using, take your mask off and immediately wash it or put it in your laundry bag.



Wash your mask in hot water after every use.

Know the signs of COVID-19.

- Coughing
- Difficulty breathing
- A fever
- Experiencing chills and/or shaking
- Muscle pains
- Headaches
- A sore throat
- A loss of taste or smell