

COMMUNITY MUST HAVE GUIDE

COVID-19

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STAY INSIDE

Unless you are an essential worker, it's safer for us all to stay inside. Limiting your contact with the outside world will prevent the Coronavirus from spreading.



CLEAN YOUR SURFACES

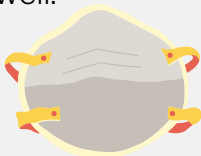
Now is a great time to start spring cleaning. Clean frequently touched surfaces and objects daily.

WASH HANDS OFTEN

Please use soap and water at all times. It only takes about 20 seconds to wash your hands. If soap and water are not readily available, use hand sanitizer. Which should be at least 60% alcohol.

WEAR A MASK

CDC suggest that we should all wear a face mask. If you can't find any to purchase, using a bandana or scarf works as well.



SHOPPING TIPS

When shopping for essential items, reframe from taking the whole family along. Try to limit one person going in the store to shop.



COVER COUGHS AND SNEEZES

Remember to always cover your mouth and nose with a tissue when you cough or sneeze. If you don't have a tissue, use the inside of your elbow.

KNOW THE FACTS

Always visit credible websites like www.cdc.gov. This will eliminate any false information or rumors about Covid-19.



HAVING SYMPTOMS

If you are feeling sick, or suspect that you have been exposed to COVID-19, call your healthcare provider or go to the nearest hospital.

Stay SAFE



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