

COVID-19

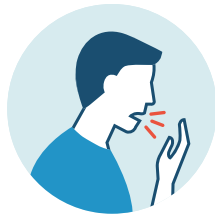
Safety Advice and Tips



SYMPTOMS



FEVER
(Not always present)



COUGH



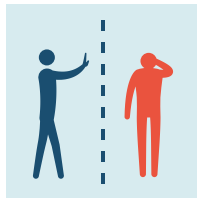
**DIFFICULTY BREATHING/
SHORTNESS OF BREATH**

PREVENTION



Wash your hands often with soap & water for at least 20 seconds.

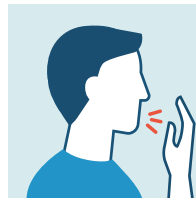
Use a 60% alcohol-based hand sanitizer if soap & water are not available.



Avoid close contact with people who are sick or appear to be under the weather.



Keep your hands away from your eyes, nose and mouth.



Cover your cough or sneeze with a tissue then toss it in the trash and immediately wash your hands.

Cough or sneeze into your elbow if you don't have a tissue.



Stop handshaking. Use other noncontact methods of greeting.

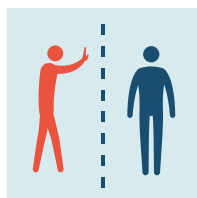


Use virus-killing disinfectant to clean high-touch objects/surfaces every day.

IF YOU ARE INFECTED



Stay at home except to get medical care.



Separate yourself from other people and animals in your home.



Wear a facemask when you are around other people.



Avoid sharing personal household items.



Get enough sleep, eat healthy foods, drink plenty of liquids and exercise if you are able to help keep your immune system strong.