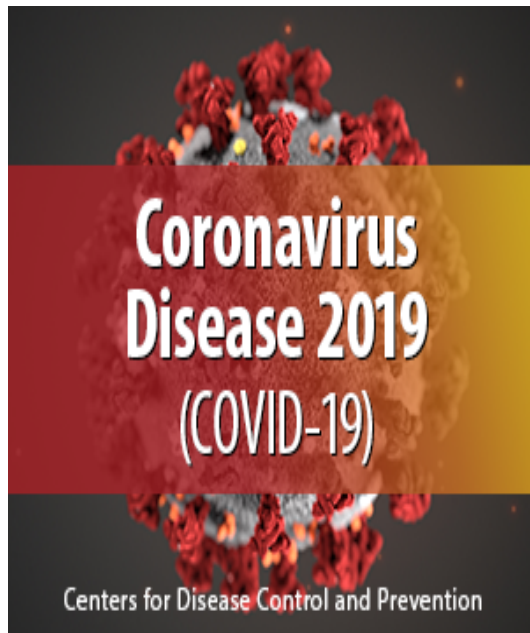
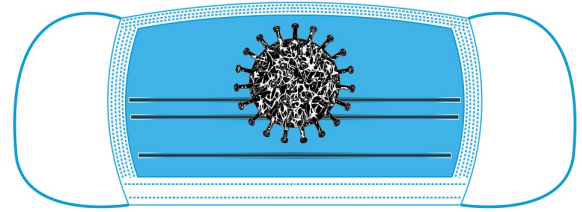


Protect yourself from COVID-19



- *Avoid touching your eyes, nose, and mouth
- *Cover your mouth and nose with a bent elbow or tissue when coughing or sneezing/dispose tissue immediately and dispose of tissue in a closed bin. Wash hands.
- *Clean and disinfect frequently touched surfaces, such as door handles, faucets and phone screens.
- *Wash your hands with soap and water
- *6 feet apart
- *Wear your mask
- *Avoid Large Crowds
- *If you feel sick, Quarantine 10-14 days

Remember- You can pass the virus even if asymptomatic- Protect yourself and others and follow these guidelines

How to wear a mask:

1. Wash your hands before you put your mask and after removing it. Make sure you cover your nose, mouth and chin.
2. Wear a fabric mask unless you're in a particular risk group. Wear a medical/surgical mask if you: are over the age of 60, have underlying medical conditions, are feeling unwell and or are looking after an ill family member.

How to make your environment safer:

1. AVOID the three "C's": Closed, crowded, close contact. Spaces that are closed in, crowded bars and restaurants, choir practices, fitness centers, places of worship where people gather.
2. Meet people outside. Avoid crowded or indoor settings. Open a window to increase the amount of ventilation.
3. Avoid shaking hands. Respiratory viruses can be passed by shaking hands and touching your eyes, nose, and mouth.

Signs and Symptoms to be aware of :

1. Most Common- Fever, cough, fatigue, and loss of taste or smell
2. Less Common- Sore throat, headache, aches and pains, diarrhea, a rash on the skin or discoloration of fingers or toes, red or irritated eyes.
3. These are all early signs. **AS THE VIRUS PROGRESSES IN A HUMAN HOST, IT CAN CAUSE SERIOUS MULTISYSTEM FAILURE AND CAN LEAD TO DEATH.**