

# CORONAVIRUS

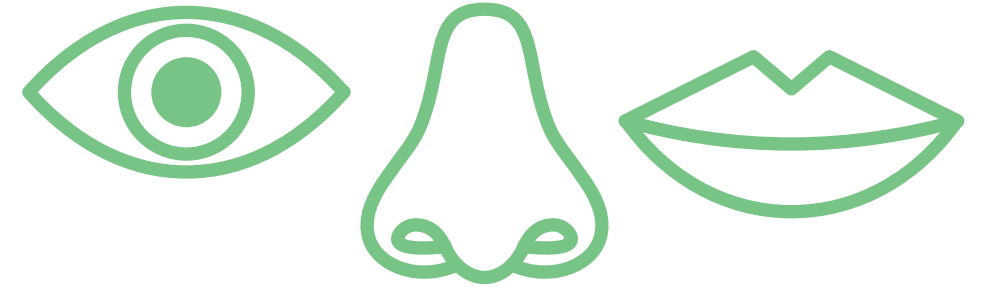
protect yourself



## #1 line of defense: WASH HANDS

Wash hands often with soap and water for at least 20 seconds. If you can't wash hands, use hand sanitizer with 60% alcohol minimum.

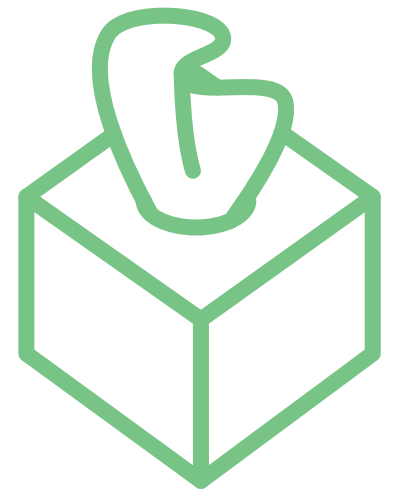
don't touch:  
eyes, nose, mouth



avoid contact with sick people  
and stay home when sick

cover cough and sneeze with  
a tissue, and throw it away

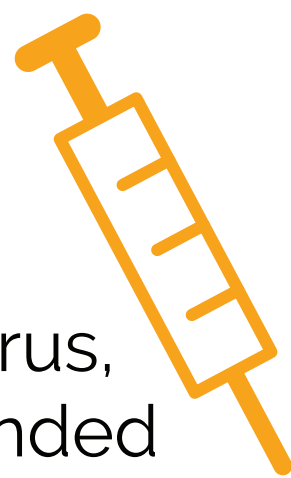
Wash hands after blowing your nose,  
sneezing, or coughing.



clean and disinfect  
frequently touched items

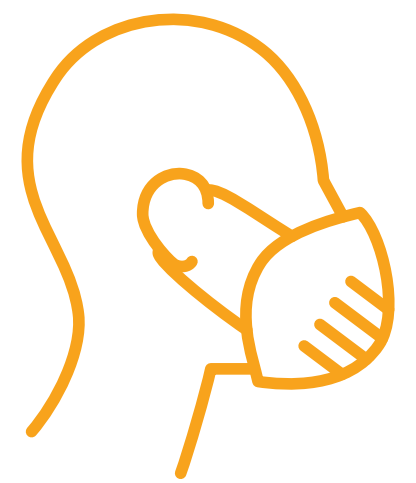
### REMEMBER!

Get your flu shot. The flu vaccine won't protect against Coronavirus, but it is highly recommended to help keep you healthy. See your pharmacist for a vaccine.



### DID YOU KNOW?

If you are not ill, the CDC does not recommend masks. If required, an N95 rated mask is more effective than a surgical mask.



**Most importantly... take care of your general health!**

We advocate for self-care to enhance your overall health and immune system, which includes:

proper nutrition

sleep

exercise

