Keep Yourself HEALTHY This Season

WASH
Wash hands frequently with soap and water for at least 20 seconds.

COVER
Cover your coughs/sneezes.
Use your elbow, not your hands.
Use a tissue and dispose.

DON’T TOUCH
Avoid touching your eyes, nose or mouth.
Clean and disinfect surfaces that may have been contaminated.

AVOID
AVOID contact with sick people.
Stay home if you are sick.

Contact
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