



# **Keep COVID-19 Contained**

- Stay home if you have fever or are short of breath, coughing or sneezing.
- Cover your nose and mouth when you cough or sneeze.
- Throw tissues away immediately.



# Face Mask Protocol

Face masks are ***only necessary*** if you are sick and must be around people.

**Wear a face mask if:**

- You are in a vehicle with a healthy person.
- Before entering the doctor's office or urgent care location.
- If you are not sick but are caring for a person with COVID-19.



# Prevention is in Your Hands

- Wash your hands thoroughly for a minimum of 20 seconds. Use plenty of soap and water.
- Use hand sanitizer when soap and water are not available.
- Keep your hands away from your face.
- Practice consistent “Social Distancing” of a minimum of 6 feet in all public places.
- Sanitize common shared surfaces frequently.

