

COVID-19

What You Need to Know

PREPARE



The coronavirus (COVID-19) is a contagious respiratory disease. The best ways to prepare are:

- Clean and disinfect commonly touched objects
- Stay alert & up to date on breaking coronavirus news & CDC recommendations
- Stock up on nonperishables & necessities in case you are quarantined

PREVENT



Follow CDC recommended practices to help prevent contracting the disease:

- Wash your hands with soap & water for at least 20 seconds
- Practice social distancing when able - keep 6 feet apart at social engagements, and keep away from gatherings of 50 or more people
- Avoid touching your mouth, eyes, & nose

PROTECT



If you're sick, the best ways to get better and protect others are:

- Stay home if you are sick
- Cover your mouth and nose when coughing or sneezing - use a tissue & wash your hands immediately
- Wear a facemask if around others