

GIVE US A HAND

Stay Home. Stay Safe. Stay Healthy

Know the critical **8** for a stronger state



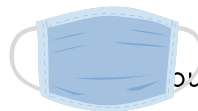
Greet others without handshakes, hugging, or other physical touch



Continue social distancing of at least 6 feet or more for the safety of others, even if you are wearing a mask. Socialize via electronics



Clean high-touch surfaces frequently, like cell phones,, doorknobs, toilet flush handles, countertops, etc.



Wear cloth masks when in any public situations and at work. Save medical-grade masks for health workers



Don't share drinks, dishes or utensils. Stay hydrated and make healthy food choices



Avoid any travel except for emergencies, limit shopping and other errands,



Practice frequent hand & wrist washing with soap and water for at least 20 seconds or use hand sanitizers



Be conscious about not touching your face and cough into your elbow or a kleenex. Wash hands after coughing or sneezing

Coronavirus is 10x more lethal than the flu

If you have ANY symptoms of illness, keep everyone safe and stay home! Symptoms may not be present for up to 14 days, but you are still contagious after exposure and until you are fully recovered.

Call your NP or health care provider if you have any of the following:

- 1.cough
- 2.shortness of breath
- 3.sore throat
- 4.sudden noticeable loss of taste or smell
- 5.body aches
- 6.fever
- 7.stomach flu symptoms
- 8.runny nose