COVID-19 SAFETY TIPS

Make it a habit.

- Wash your hands with soap and water for 20 seconds, often.
- Cover your coughs and sneezes with your sleeve or a tissue. (And immediately throw away used tissues.)
- Clean the things you touch a lot—like doorknobs and light switches.

Remember the basics.

- Consider staying home, unless you’re going out for the essentials.
- Stay 6 feet away from others when you have to go out.
- Wear a mask over your mouth and nose when you go out.

Keep your reusable mask clean.

- Don’t touch your face while wearing a mask.
- When done using, take your mask off and immediately wash it or put it in your laundry bag.
- Wash your mask in hot water after every use.

Know the signs of COVID-19.

- Coughing
- Difficulty breathing
- A fever
- Experiencing chills and/or shaking
- Muscle pains
- Headaches
- A sore throat
- A loss of taste or smell

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