

STOP THE SPREAD OF COVID-19



YOUR NEIGHBORS AND LOVED ONES ARE **COUNTING ON YOU**



- DO:**
- Stay home if you are sick!
 - Cover your mouth and nose with a mask or cloth face cover when indoors or around others
 - Maintain 10 feet of personal space
 - Cover your coughs and sneezes
 - Wash your hands often or use hand sanitizer



- DON'T:**
- Attend any non-essential gatherings, or any gatherings of over 50 people



Individuals at high risk may want to take additional precautions, including those over 65, those who are immunocompromised, or those who have an existing health condition, including chronic lung disease, moderate to severe asthma, or serious heart conditions.



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