

Protect Yourself & Those Around You

COVID-19



Avoid close contact with people who are sick



Clean and disinfect frequently touched objects and surfaces



Avoid touching your eyes, nose & mouth



Wash your hands often and thoroughly with soap and warm water



Stay home from work or school when you are sick



Use alcohol based hand sanitizer with at least 60% alcohol



Cover your cough or sneeze



No need to wear a mask if you are well & not caring for someone who has COVID-19

For more information about reducing the spread of germs:
Visit healthunit.org or call 1-800-660-5853 x 2499