

# For Your Safety and the Safety of Others



**Avoid others** if you have any of these COVID-19 symptoms:

- ✓ Cough, runny nose, congestion or headache
- ✓ Shortness of breath
- ✓ Difficulty breathing
- ✓ Loss of taste or smell
- ✓ Chills
- ✓ Fever
- ✓ Muscle pain
- ✓ Sore throat
- ✓ Diarrhea
- ✓ Vomiting



**Wear a mask** when outside the home.



**Sanitize and wash your hands** often with soap and water for at least 20 seconds.



**Practice physical distancing.** Stay at least 6 feet away from others.



**Always cover your mouth and nose** with a tissue when you cough or sneeze, or use the inside of your elbow.

*Thank you for practicing good health hygiene.*