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.