

Remember these tips to Keep Your Family Healthy



Stay home when you are sick



Instead of your hand, sneeze or cough into your elbow



Avoid touching your eyes, nose and mouth



Clean and disinfect frequently touched objects and surfaces

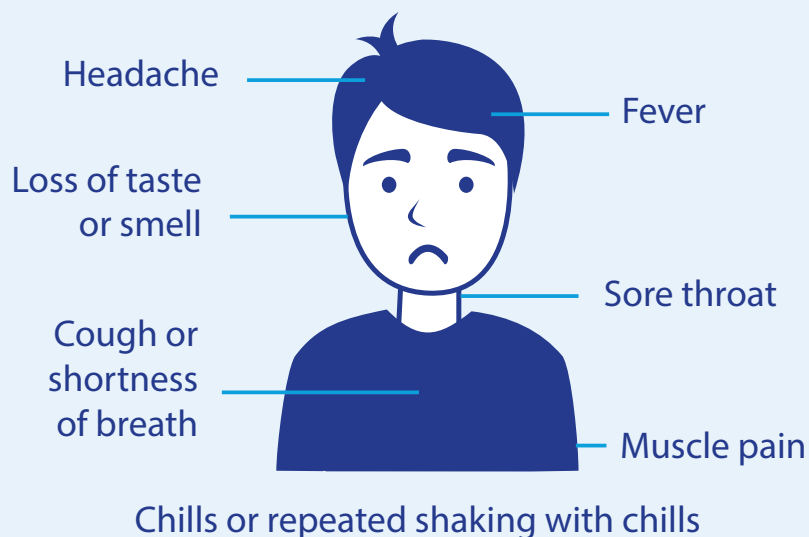


Wash hands often with soap or alcohol-based hand sanitizer



Wear a face mask, avoid large gatherings and social distance

COVID-19 Symptoms to watch for:



Call your doctor if you begin to develop symptoms. Symptoms may appear 2-14 days after exposure and can be mild to severe.

More information can found at [CDC.gov/CoronaVirus/2019-nCoV](https://www.cdc.gov/CoronaVirus/2019-nCoV).