

# 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



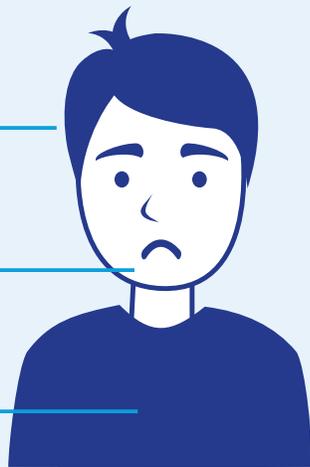
Reduce close contact and practice social distancing

## COVID-19 Symptoms to watch for:

Fever

Cough

Shortness of breath



**Call your healthcare provider** if you have been to an affected country or in close contact with someone with confirmed COVID-19 in the past two weeks and 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).