Corona Virus (COVID-19)

How can I protect myself?

**DO'S**

- Wash your hands often with soap & water or alcohol based hand sanitizer.
- Cover your nose & mouth with tissue while sneezing & coughing, then throw the tissue in the trash.
- Wear a mask if you have a fever, cough or runny nose.

**DON'TS**

- Avoid touching your eyes, nose & mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Avoid being in crowded place.