BE SMART  STAY HEALTHY

To protect yourself and loved ones, here are some things you can do:

- Avoid close contact with people who are sick.
- Wash your hands with soap and water frequently.
- Try not to touch your eyes, nose, and mouth with unwashed hands.
- Cover your mouth and nose with a tissue when you cough or sneeze or cough or sneeze into your upper sleeve, not your hands.
- Use hand sanitizer (with at least 60% alcohol), if soap and water are not available.