How to Stay Healthy from COVID-19

- Wash your hands for 20 seconds
- Cover your mouth with a tissue or sleeve when coughing or sneezing
- Avoid touching your face
- Use tissues and throw them away
- Clean items around you like doorknobs, tables, and phones
- If you have plans to travel, think about taking your trip after this crisis is over
- Stay home if you are feeling sick
- Stay home if you have family members who are sick
- Call before visiting your doctor

Updated 3/17/2020