

# COVID-19 SAFETY TIPS



## Make it a habit.



Wash your hands with soap and water for 20 seconds, often.



Cover your coughs and sneezes with your sleeve or a tissue. (And immediately throw away used tissues.)

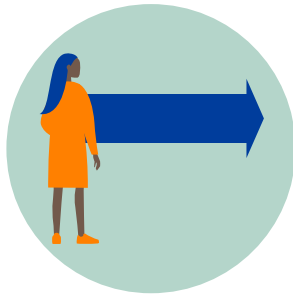


Clean the things you touch a lot—like doorknobs and light switches.

## Remember the basics.



Consider staying home, unless you're going out for the essentials.



Stay 6 feet away from others when you have to go out.



Wear a mask over your mouth and nose when you go out.

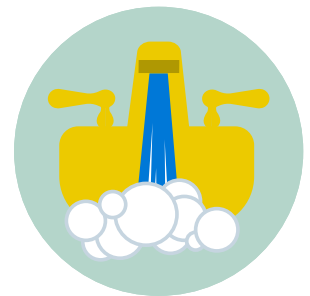
## Keep your reusable mask clean.



Don't touch your face while wearing a mask.



When done using, take your mask off and immediately wash it or put it in your laundry bag.



Wash your mask in hot water after every use.

## Know the signs of COVID-19.

- Coughing
- Difficulty breathing
- A fever
- Experiencing chills and/or shaking
- Muscle pains
- Headaches
- A sore throat
- A loss of taste or smell