Coronavirus (COVID-19)
Preventing the spread of illness in our community

Wash your hands.
Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.

Cover your cough.
Cover your cough with a tissue, then throw the tissue away. If you don’t have a tissue, cough into the collar of your shirt or the crook of your elbow.

Avoid touching your face.
Avoid touching your face, eyes, nose and mouth, especially with unwashed hands.

Avoid close contact with others.
Avoid close contact with people who are sick. When possible, avoid groups and large gatherings of people.

Stay at home if sick.
Stay home and call your health care provider if you have a fever, cough, shortness of breath or other flu-like symptoms. Before going to a medical facility, call ahead and tell them about your symptoms so steps can be taken to protect you and others.