HELP US PREVENT THE SPREAD OF ILLNESS

Action Steps for a Healthier You per CDC Recommendations

Wash your hands with soap and water for at least 20 seconds (the length of time to sing Happy Birthday twice!). If soap & water aren't available, a hand sanitizer with at least 60% alcohol content will work.

Avoid touching your eyes, nose, and mouth.

Cover your cough or sneeze with a tissue, then throw the tissue in the trash. Immediately wash your hands.

Avoid contact with people who are sick, and stay home if you are not feeling well. Disinfect frequently touched objects and surfaces with a standard household cleaning spray or wipe.