

SAVE LIVES NOW BY STAYING HOME

Protect yourself and your neighbors from coronavirus (COVID-19)

1

STAY AT HOME

- Cancel non-essential appointments
- Don't get coffee with friends
- Call family instead of visiting



2

AVOID CROWDS

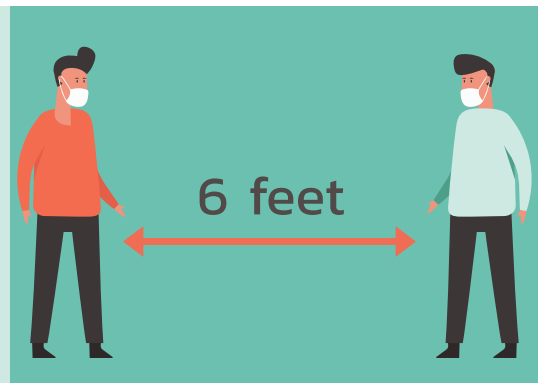
- Buy groceries for two weeks
- Have one family member or friend shop for multiple households



3

KEEP YOUR DISTANCE

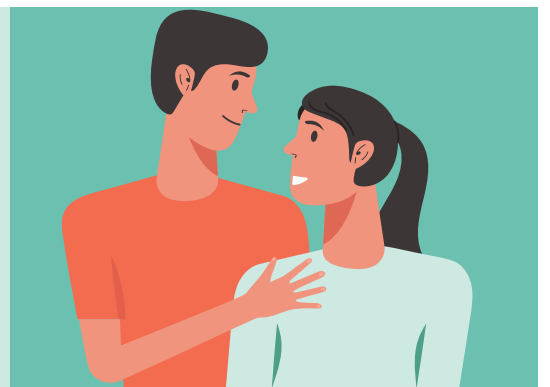
- If you must go to a public place: stay 6 feet away from others



4

NO HANDSHAKES OR HUGS

- Avoid touching people and surfaces
- Clean and disinfect things you bring home



5

AVOID TOUCHING YOUR FACE

- Don't touch your eyes, nose or mouth
- Cover coughs and sneezes. After, wash your hands for 20 seconds



Sources of graphics and information: CDC, Elon University, WHO, Columbia University, Stanford Health



AVOIDING PUBLIC SPACES DOESN'T MEAN ALWAYS STAYING INSIDE!

It's important to take care of yourself. Getting fresh air and sunshine while 6 feet from others can be good for you.

CALL 2-1-1

If you have more questions about coronavirus/COVID-19.