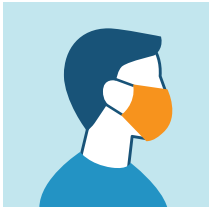


Steps to Stay Safe During COVID-19



Clean your hands often.

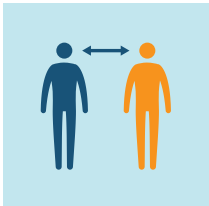
Wash your hands frequently with soap and water for 20 seconds or use hand sanitizer with at least 60% alcohol. Avoid touching your eyes, nose and mouth.



Wear a cloth covering your nose and mouth.

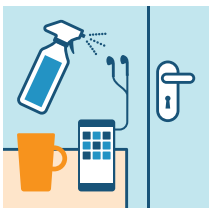
Stay at home, but if you must go out (for food, your job, or to a doctor's appointment), cover your nose and mouth with a medical mask, a scarf, or bandana.

Always wear a mask or cloth covering if you are sick. Make sure the mask fits snugly around your nose and mouth and is secured with ties or ear loops.



Avoid groups of people and keep six feet of distance between yourself and others.

Participate in social distancing recommendations to reduce the spread of person-to-person transmission. These measures are the best way to help interrupt or stop the spread of infection and to allow the health care system to readily and promptly care for patients.



Clean all "high-touch" surfaces every day.

High-touch surfaces include phones, remote controls, counters, tabletops, doorknobs, bathroom fixtures, toilets, keyboards, tablets, and bedside tables. If you don't have cleaning solutions, use a bleach solution of 1/3 cup of bleach per gallon of water. If you are making a smaller batch, use four teaspoons of bleach for a quart of water.

WARNING: Never mix household bleach with ammonia.



Launder items using the warmest water possible.

Do not shake laundry and disinfect hampers and carrying carts thoroughly.