

CORONAVIRUS

Don't be scared. **Be prepared.**

DO

- ✓ **Stay home as much as you can.**
Even if your state is lifting restrictions.
- ✓ **Stay 6 feet away from others whenever possible.**
Physical distancing helps stop the virus from spreading.
- ✓ **Wear a cloth face mask when you go out.**
Especially in grocery stores, pharmacies, or anywhere it's hard to stay 6 feet apart.
- ✓ **Wash your hands often.**
 - Use soap & warm running water.
 - Scrub for 20 seconds (sing "Happy Birthday" twice).
- ✓ **Cover coughs and sneezes.**
Use a tissue & throw it away.
- ✓ **Disinfect your things.**
Wipe down phones, laptops, door knobs, light switches, & other often-used surfaces.
- ✓ **Check your medicines.**
 - Fill prescriptions.
 - Have over-the-counter cold & pain meds on hand.
- ✓ **Know COVID-19 symptoms:**
Fever • Cough • Chills • Muscle aches • Shortness of breath
Headache • Sore throat • Loss of smell & taste
- ✓ **Call your doctor if you're sick.**
Follow their instructions.

DON'T

- ✗ **Don't touch your nose, eyes, or mouth.**
It's how germs get in.
- ✗ **Don't go straight to your doctor**
or walk-in clinic if you think you may have the virus.
Call ahead first and follow their instructions.
- ✗ **Don't share dishes, utensils, or towels**
with others if you are sick.
- ✗ **Don't leave home if you're older or**
have chronic health problems.
Your risk of complications may be higher.
- ✗ **Don't assume kids and young adults**
won't get sick.
The virus can affect anyone.
- ✗ **Don't forget hand sanitizer.**
It works if you don't have soap and water.
Make sure it has at least 60% alcohol.
- ✗ **Don't gather in large groups, even at home.**
The virus can still spread in people who don't have
symptoms yet.
- ✗ **Don't hoard food or cleaning supplies.**
Leave some for others.
- ✗ **Don't panic.**
Stay calm, be careful, & wash your hands!

CALL 911

If you have trouble breathing.

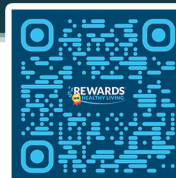


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