

KNOW YOUR RISK



CORONAVIRUS SPREADS
mostly by droplets in the air from people talking, coughing, or sneezing.

STAY SAFE

REMEMBER:



SPACE



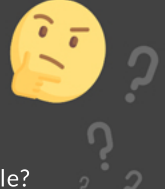
PEOPLE



TIME

ASK YOURSELF

- ➔ Will I be mostly inside or outside?
- ➔ How many people will I be around?
- ➔ Can I keep 6 feet away from others?
- ➔ How long will I be around other people?



LOWEST RISK:
Home alone or
with housemates



MEDIUM RISK:
Outdoor activities,
few people



HIGHER RISK:
Outdoor
gatherings



HIGHEST RISK:
Indoor
gatherings

HIGH RISK HOT SPOTS

RESTAURANTS

- Eat outside if you can.
- Keep your distance.
- Avoid salad bars and buffets.
- Wear a mask when you're not eating or drinking.

PUBLIC BATHROOMS

- Wear a mask.
- Avoid hand dryers. Use a paper towel instead.
- Stay at least 6 feet apart.
- Get in and out fast!

OFFICES

- Zoom or Skype when possible.
- Wear a mask.
- Take the stairs, not the elevator.
- Disinfect your desk often.

BIRTHDAY PARTIES, WEDDINGS, FUNERALS

- Try using Zoom or Skype.
- Invite just a few guests.
- Gather outside if you get together.
- Wear masks.

BARBERS, HAIR & NAIL SALONS

- Call ahead and ask about their safety rules.
- Wear a mask. Make sure all staff wear them, too.
- Skip the blow-dry. It may spread virus particles.

DON'T FORGET

Check your state's COVID-19 updates to know the current risk.



Wear a mask.



Wash hands.



Don't touch
your face.

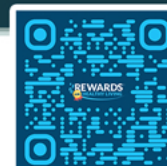


Stay home as
much as you can.



Keep your
distance.

REGISTER TODAY!



Still need to sign up?
Go to rewardsforhealthyliving.com
and follow the instructions on the screen.

Already registered?
Login now: rewardsforhealthyliving.com