

SAFETY



MONDAY

Ben Franklin once said "An ounce of Prevention is worth a pound of cure." When dealing with the Coronavirus (COVID-19) threat, there are some basic precautions that one can take to reduce their risk of getting the virus.



- ✓ ***Wash your hands frequently***
 - ✓ ***Avoid close contact with people who are sick***
 - ✓ ***Avoid touching eyes, nose and mouth***
 - ✓ ***Cover your cough or sneeze***
 - ✓ ***Clean and disinfect frequently touched objects***
 - ✓ ***Adequate rest / sleep***
 - ✓ ***Drink plenty of fluids***
- Common Symptoms:***

Fever, Cough, Shortness of breath If you feel sick:

Stay home and go see a doctor

For more information on the Coronavirus, look on line at

www.cdc.gov