COVID-19 TIPS

What should I do if I am not sick?

STAY

Safe.

Stop the spread of germs:

- Wash your hands.
- Keep your distance.
- Stay at home.
- Always keep a safe distance from those outside your household (6 feet or more), and don’t invite visitors into your home.
- Wear a facemask (non-medical grade) if you must go out in public.
- Plan ahead to minimize trips for groceries and other essential needs.
- Maintain healthy habits – exercise, eat healthy foods, and don’t smoke.

Seek help if you need it. Call 211 if you need assistance, or if you are in a medical emergency call 911.