



Corona Virus 2020 Practice Prevention



Prevention

- Stay home if you're feeling sick
- Avoid contact with those who are sick
- Clean objects you touch often
- Cover your coughs and sneezes
- Discard tissues in closed bin
- Avoid touching your face
- Wash your hands thoroughly and frequently

Disinfect Public Spaces

- Doorknobs, light switches, phones, remotes
- Stairs hand rails
- Elevator doors, buttons and surrounding walls
- Common areas and bathrooms

Preparedness Kit

- Flu supplies
- Vitamins
- Pain relievers, stomach remedies
- Fluids with electrolytes
- Cough and cold remedies

It is recommended to have (2) weeks of food, water and medicines available to you.

Stay Safe!

FOR MORE INFORMATION

Please visit: [CDC.GOV](https://www.cdc.gov)