

DO YOUR PART: PREVENT THE SPREAD

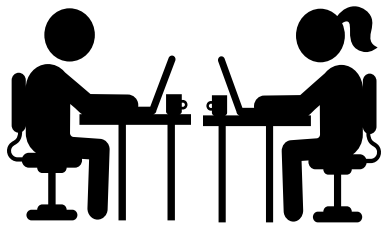
Being young and in good health doesn't mean you aren't at risk - and **you may be increasing the risk for others**

Who's most at risk?

- People aged 65 and older
- Those living in nursing homes or long-term care facilities
- People with underlying medical conditions like chronic lung disease or asthma, heart failure, diabetes, a weakened immune system, etc.


WE ARE ALL AT RISK.

HERE'S HOW TO HELP!



STAY HOME

Work and engage in schoolwork from home

 For those in healthcare, food supply, pharmaceuticals, etc.-- **follow CDC guidance to protect your health while at work**

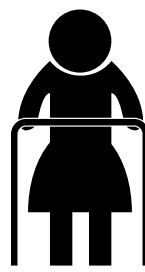
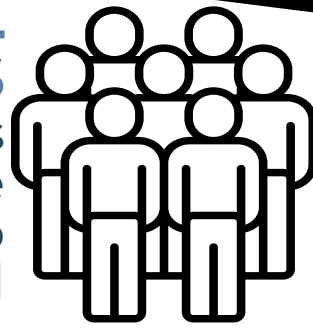
DO NOT TRAVEL

Stay in your state + avoid social visits and shopping trips



AVOID SOCIAL GATHERINGS

Refrain from meetings of 10 or more + practice social distancing to avoid virus spread

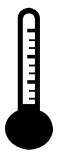


DON'T VISIT


nursing homes + long-term care facilities as these house high-risk populations

COVID-19 SPREADS THROUGH CLOSE CONTACT

KNOW THE SYMPTOMS



FEVER



COUGH



SHORTNESS OF BREATH

PRACTICE SIMPLE PRECAUTIONS



WASH YOUR HANDS OFTEN



DON'T TOUCH YOUR FACE



AVOID THOSE THAT ARE SICK

