

Illness Reducing Strategies:

In order to assist you maintain good health, here are some ways you can attempt to reduce illness for yourself and those around you.

- Avoid close contact with those who are sick
- Avoid crowds
- Wear a face covering in public
 - Wear your mask over your nose and mouth
- Wash your hands or use sanitizer often
- Cover your coughs and sneezes
 - Throw tissues in the trash
 - Immediately wash hands
- Maintain a 6 foot distance from those outside your home
- Avoid poorly ventilated spaces
- Clean AND disinfect frequently touched surfaces daily
- Monitor your health daily