CONCERNED ABOUT THE CORONAVIRUS?

Here are some things you can do to alleviate the risk:

**CORONAVIRUS SYMPTOMS**
- COUGH
- FEVER
- TROUBLE BREATHING

**WASH YOUR HANDS ... OFTEN**
with soap and water for at least 20 seconds
or use an alcohol-based sanitizer if water is not available.

- WET
- SOAP
- WASH
- RINSE
- DRY

Cover your cough or sneeze with a tissue and then throw the tissue into the trash.

**CALL YOUR DOCTOR IF YOU DEVELOP SYMPTOMS**

**Avoid close contact with large groups of people.**

**How long should I wash my hands?**
About 20 seconds! Just sing Happy Birthday to yourself ... TWICE.

**TAKING SICK LEAVE or TELEWORK**
(Your co-workers will thank you!)

If you think you have been exposed to COVID-19, contact your healthcare provider IMMEDIATELY.

The CDC recommends only people who are showing symptoms of the virus should use masks to prevent the spread of the disease to others.