COVID-19 WARNING

ALL PUBLIC LOCATIONS are potential sites of COVID-19 contamination!

IF you MUST leave your home take precautions in the following locations:

- Grocery Stores
- ALL Medical Facilities
- Gas Stations

Stay at least 6 feet away from others

Wash hands with soap & water for at least 20 seconds as soon a possible after handling ANY public object

What is COVID-19 & what's the BIG deal?

COVID-19 is a new virus that NO ONE is immune & it spreads 3x faster than the flu & is 10x more deadly.

Symptoms of COVID-19

- Fever: Over 100.4 degrees
- Difficulty Breathing & Chest Pain
- Cough
- Bluish lips
COVID-19 Prevention

- **Wash your hands!!!**
  Use soap & water for 20 seconds.

- **Use hand sanitizer**
  If you can’t wash your hands

- **Cough into your elbow/sleeve**

- **Get enough sleep**
  10-12 Hrs for Kids
  7-9 Hrs for Adults

- **don’t touch your face**
  This is the easiest way for germs to get into your body.

- **Stay home if you’re sick**
  Stay home for a full 24 hours after your fever goes away.

If you think you may have COVID-19:

Isolate your self from family members as much as possible

If you seek medical attention call ahead tell them you think you have COVID-19