

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

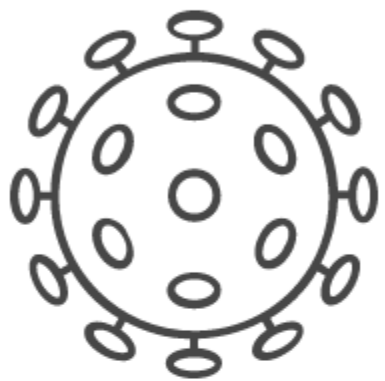


Gas Stations

Stay at least 6 feet away from others



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



What is COVID-19 & whats the BIG deal?

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



Cough into your elbow/sleeve



Use hand sanitizer

If you can't wash your hands



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