COVID-19 TIPS to Stay Healthy

- Wash your hands often with soap and water for at least 20 seconds.
- Avoid touching your eyes, nose, and mouth.
- If you're running a fever of 100.4° or greater contact your doctor for guidance or visit a hospital.
- Avoid close contact with people who are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

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