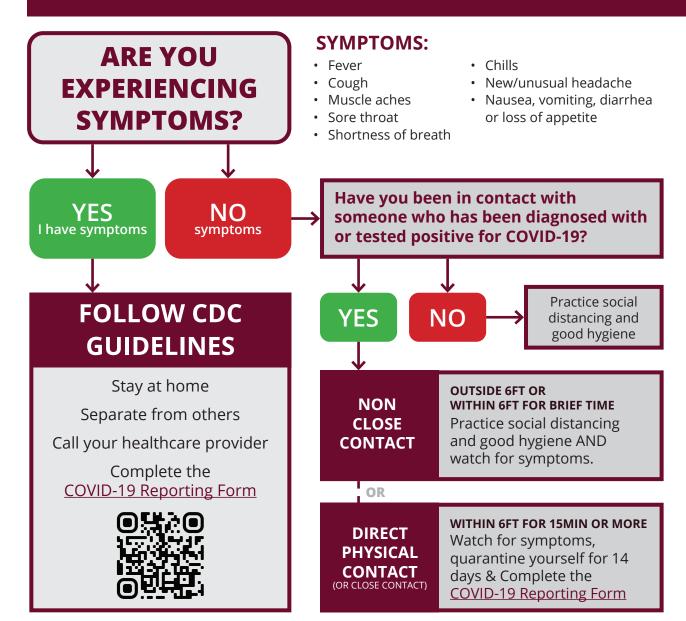


COVID-19 GUIDANCE



HOW DO I...

Self-Quarantine

- Stay home for 14 days
- Avoid contact with other people
- Don't share household items

Self-Monitor

- Be alert for symptoms of COVID-19, especially a dry cough or shortness of breath.
- Take your temperature every morning and night and write it down.
- Call your doctor if you have trouble breathing or a fever.
- Don't seek medical treatment without calling first!

Physical Distancing

- Stay home as much as possible.
- Don't physically get close to people.
- Try to stay 6 feet away from others.
- Don't hug or shake hands.
- Avoid groups of people.