

MAY 22, 2023



SAFETY



MONDAY

Ben Franklin once said "An ounce of Prevention is worth a pound of cure." When dealing with the Coronavirus (COVID-19) threat, there are some basic precautions that one can take to reduce their risk of getting the virus.

- ✔ ***Wash your hands frequently***
- ✔ ***Avoid close contact with people who are sick***
- ✔ ***Avoid touching eyes, nose and mouth***
- ✔ ***Cover your cough or sneeze***
- ✔ ***Clean and disinfect frequently touched objects***
- ✔ ***Adequate rest / sleep***
- ✔ ***Drink plenty of fluids***

Common Symptoms:

Fever, Cough, Shortness of breath

If you feel sick:

Stay home and go see a doctor

For more information on the Coronavirus, look on line at www.cdc.gov



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