

THE 4 S'S

You can reduce your risk of acquiring and spreading COVID-19 by practicing the following recommendations:



Sanitize

Wash hands for 20+ seconds with soap
Use hand sanitizer
Sanitize your work & living areas

Self monitor

Watch for symptoms such as fever, cough, shortness of breath, muscle aches and pains, decreased sense of smell or taste, or a sore throat
Self-isolate if you've been exposed

Social distance

Avoid unnecessary gatherings
Maintain 6ft distance from others
Wear a mask while in public

Safely gather

Gatherings of up to 20 people are allowed if you follow the first 3 S's:

- Sanitize regularly and avoid touching shared surfaces
- Self-Monitor and do not attend if experiencing symptoms
- Social Distance while at events

