Healthy habits to help prevent COVID-19

Do your part to protect yourself and your community from COVID-19, the disease caused by the novel coronavirus. Follow these simple steps, which also prevent the spread of cold and flu:

- Don’t touch your face.
- Wash your hands often.
- Alcohol-based hand sanitizers are OK, too.
- Stay home when you’re sick.
- Keep sick children home from school and day care.
- Sneeze/cough into your elbow.
- Clean and disinfect objects and surfaces you touch often.