Stay home when you are sick, except to get medical care.

Avoid close contact with people who are sick.

Avoid touching your eyes, nose, and mouth.

Wash your hands often with soap and water for at least 20 seconds.

Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

Clean and disinfect frequently touched objects and surfaces.

For more information:
www.cdc.gov/COVID19
www.accesskent.com/health