

# HELPFUL TIPS

for minimizing your risk of COVID-19 exposure,  
and keeping yourself and others healthy.

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- When possible, limit direct physical contact with others, and try to keep yourself at a safe distance, at least six feet away.
- Stay informed. For more info, visit the CDC website: [www.cdc.gov/COVID19](http://www.cdc.gov/COVID19)

While we remain committed to serving your needs,  
let's all do our part to minimize exposure and promote  
a clean and healthy community.

Thank you for your support.