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