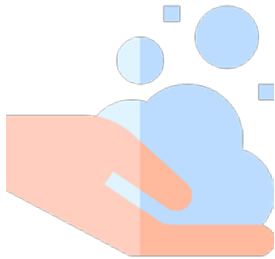
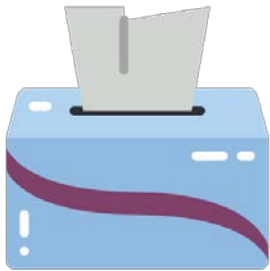


Keep Yourself **HEALTHY** This Season



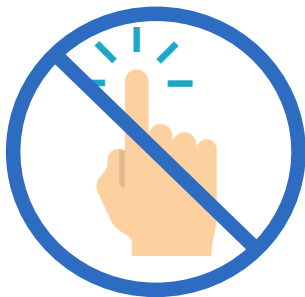
WASH

Wash hands frequently with soap and water for *at least 20 seconds*.



COVER

Cover your coughs/sneezes.
Use your elbow, not your hands.
Use a tissue and dispose.



DON'T TOUCH

Avoid touching your eyes, nose or mouth.
Clean and disinfect surfaces that may have been contaminated.



AVOID

AVOID contact with sick people.
Stay home if you are sick.



Contact



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