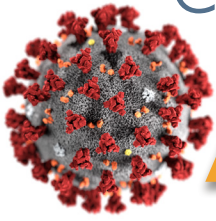


Coronavirus Prevention Tips



As the **Coronavirus** (COVID-19) continues to be a concern, the health and safety of employees are a priority. Continue to refer to the **Centers for Disease Control** (CDC) for the latest information and prevention tips like these:

STAY HOME!



Stay home and away from others if you are sick.

TAKE COVER!



Cover your coughs and sneezes with your elbow or a tissue.

WASH!



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

HANDS OFF!



Avoid touching your face throughout the day.

DISTANCE!



Avoid being exposed to this virus by practicing **social distancing**.

Continue practicing daily healthy habits:

SLEEP. Seven to nine hours is recommended.

TIME FOR YOU. Take 10 minutes for yourself.

5-A-DAY. Eat five servings of fruits and vegetables.

ACTIVITY. Move at least 30 minutes during the day.

HYDRATE. Drink at least 8 glasses of water.



Even if you are young, or otherwise healthy, **YOU** are at risk and **YOUR ACTIVITIES** can increase the risk for others. It is critical that you do your part to stop the spread of the Coronavirus. For more information, see the **CDC** website.

www.cdc.gov/coronavirus/2019-ncov/index.html

COMPANY SPONSORED RESOURCES

These resources are here to help support you through this time. Please utilize them as needed.