

PREPARE!

DON'T PANIC over COVID-19



Wash your hands with soap and water for at least 20 seconds, especially before eating. If soap & water are not available, use hand sanitizers with a minimum of 60% alcohol. They are easy to carry.



Keep your hands away from your face. Germs can enter our bodies through our eyes, nose, and mouth.



Always be prepared with extra food and medication in case you cannot leave your home due to illness or disaster.



Clean surfaces with disinfectants that are labeled “*EPA Approved for Emerging Viral Pathogens or Coronavirus.*” It is unclear how long COVID-19 can live on surface but many viruses can live for days.



Please keep your germs to yourself. Stay home when ill. Make arrangements for child or eldercare if you work. Talk to your employer.



Stay informed through reputable sources such as the Centers for Disease Control and Prevention (CDC), Connecticut Department of Public Health or Ledge Light Health District.

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