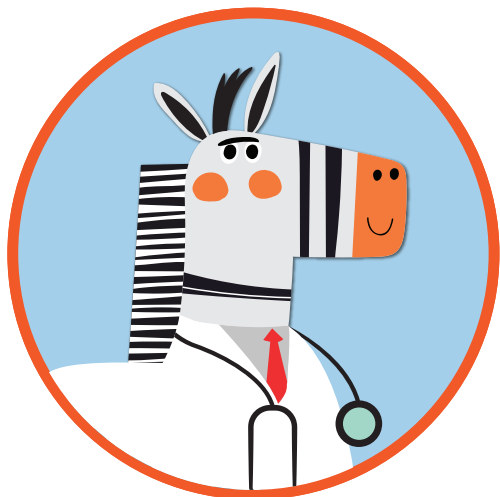




HELP PREVENT THE SPREAD OF NOVEL CORONAVIRUS (COVID-19)



Novel Coronavirus is a new virus that causes respiratory illness in people. Symptoms include coughing, sneezing, runny nose, fever and shortness of breath. To help prevent the spread of the virus and protect yourself, follow Dr. Rita's recommendations!



Wash your hands
often with soap
and water



Avoid close contact
with people who
are sick



Cover your cough
or sneeze with
a tissue or sleeve



Avoid
touching your
face



Stay home when
you are sick and
get lots of rest



Eat healthy foods
and drink plenty
of fluids