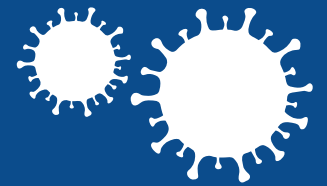
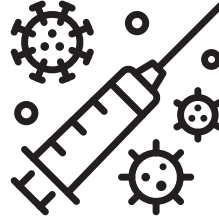


How To Protect Yourself & Those Around You

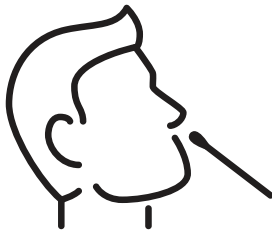
COVID-19



Wear a mask and distance in indoor public and crowded spaces



Get vaccinated and boosted at a pharmacy, your health care provider or a community clinic



If you have symptoms, even mild ones, stay home and take a test if you can



Socialize outdoors, or safely in small groups if indoors



Wash your hands often and thoroughly with soap and warm water



Use alcohol based hand sanitizer with at least 60% alcohol



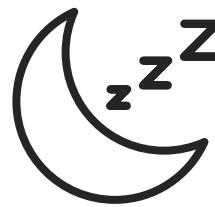
Cover your cough or sneeze



Clean and disinfect frequently touched objects and surfaces



Eat well and stay active



Get enough sleep and stay connected to friends and family