



# WHAT YOU NEED TO KNOW

Here are some things you can do to protect yourself and your family from Coronavirus

- Sanitize or wash your hands for at least 20 seconds regularly, especially before eating
- Get a flu shots for yourself and your family
- Avoid touching your face as much as possible
- Decrease physical interactions with others (handshaking) and maintain a distance whenever possible.
- If you do have symptoms, call your doctor