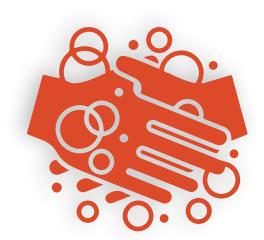
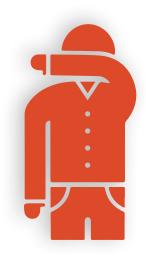
## PREVENT THE SPREAD

Respiratory tract infections like influenza and COVID-19 (coronavirus), are transmitted through **coughing and sneezing.** Please protect yourself and others by taking these measures.



Wash your hands frequently for at least 20 seconds. If soap and water are not available, use hand sanitizer with



When coughing or sneezing, cover your mouth with a clean tissue and



When you are sick or have had respiratory or flu-like symptoms

at least 60% alcohol.

discard or cough into your sleeve.



Thank you for observing these critical steps in helping us keep our residents and team members healthy.

