

Back To Basics

Together we can...Beat COVID19

6 Tips to Stay Healthy during every Phase

- Wash your hands with soap & water 
- Please **STAY HOME** if you are sick or not feeling well. 
- Avoid touching your eyes, nose & face
- Cover your sneeze/cough (catch it in a tissue or the bend of your arm) 
- Your hygiene practices protect you, your family, our community
- **Spread Kindness & Compassion** 
- **Extra Step...wear a mask as indicated** 