

Back To Basics

Together we can...Beat COVID19

6 Tips to Stay Healthy during every Phase

Your
Hygiene
Practices
Protects you!
Protects your family!
Protects your
community!

Avoid touching
your eyes, nose
and mouth



Wash your
hands with
soap & water



Avoid contact
with sick people



Cover your
sneeze/cough



Stay home if
you're sick



Extra Step...
Wear a Mask
as indicated



Spread
Kindness and
Compassion

