



## Please exercise these COVID-19 precautions.

*“Take heart . . . Do not be afraid.”*

— Mark 6:50

1. **WEAR A MASK!** We wear them not only to protect ourselves, but also to protect our neighbors. We have disposable masks if you have forgotten yours.
2. **(TRY...) TO AVOID TOUCHING YOUR FACE.** Even when wearing a mask, it is important to avoid touching the mask or other parts of your face. This is how you can become infected.
3. **KEEP YOUR DISTANCE .** Stay 6 feet away from everyone with whom you come in contact.
4. **WASH YOUR HANDS.** Use soap and running water – wrists, backs of hands, under nails, between fingers – for 20 seconds.  
Use a 60 percent alcohol-based hand sanitizer if no soap and water.
5. **COVER YOUR COUGH OR SNEEZE INTO A TISSUE** then discard the tissue in a covered container.
6. **GET THE FLU VACCINE** if you haven't gotten one yet.
7. **STAY HOME IF YOU ARE SICK.** Don't infect others.
8. **SEEK MEDICAL CARE QUICKLY** if you have a cough associated with a fever, or difficulty breathing. Call ahead, so you do not infect the waiting room.