

We're all in this together

BEAT
COVID-19

Keep yourself and loved ones safe by being part of the solution.

We Can Do This — Together

Reducing community spread is key. Fewer sick people means that our healthcare workers can do their job. Remember, even if you aren't showing symptoms, you can still spread COVID-19. That's why you need to be extra cautious among seniors and those with chronic illness as they are most at risk.

Time to Take Control

Practice "social distancing" to limit the spread of COVID-19. That means staying 6 feet away from others whenever possible. Skip the large crowds and unnecessary gatherings for now. More people equals more risk of exposure. And of course, practice good hygiene – cover your cough, wash your hands, clean surfaces and, if you're sick, stay home.

Know Your Options

Treat mild symptoms with over-the-counter medications, just as you would with a cold. Call ahead before going to the doctor. As an alternative, use telemedicine or virtual care options. And if you have the choice to work remotely, do it.



Dan Hilferty

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visit: [cdc.gov](https://www.cdc.gov)**

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