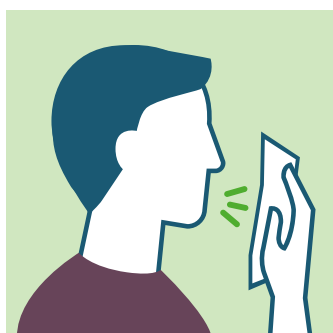


# STEPS TO PROTECT YOURSELF FROM COVID-19



## CLEAN YOUR HANDS OFTEN

Wash your hands with soap and water or use hand sanitizer often throughout the day.



## COVER COUGHS AND SNEEZES

Cough into a tissue and immediately discard and wash your hands. If a tissue is not available, cough into your elbow.



## OBEY TRAVEL RESTRICTIONS

Stay up to date on travel restrictions and other protective measures set up by national organizations such as the CDC and the Ohio Department of Health.



## STAY HOME IF YOU'RE SICK

If you develop symptoms such as cough, fever, body aches, shortness of breath and fatigue, stay in your home and contact a healthcare provider who will advise you as to your next steps.



## SOCIAL DISTANCING

Stay away from others who are ill with cough and fever, and avoid large gatherings.