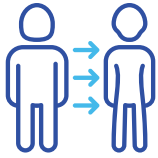


Friends and Family

If you experience any symptoms associated with COVID-19 within 2 days of your visit, please contact us immediately! Help us keep our staff, residents and your loved ones safe.



The virus usually spreads from **person-to-person contact** through close contact or respiratory droplets from coughing and sneezing.

- The best way to prevent illness is to **avoid being exposed** to this virus.
- People with co-morbidities are at risk!



Symptoms may develop within **14 days of exposure** to the illness.

THE BEST WAY TO PROTECT YOURSELF



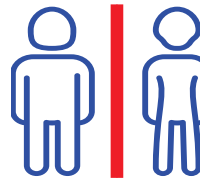
Wash your hands **often** with soap and water for at least 20 seconds. Use alcohol-based hand sanitizer if soap and water aren't available. Friction is the key!



Cough or sneeze into a tissue or flexed elbow, then throw the tissue in the trash. Immediately wash hands.



Avoid touching your eyes, nose or mouth with unwashed hands.



Avoid close contact with people who are sick, sneezing or coughing. Put distance between yourself and other people. Stay 6 feet apart and practice "social distancing". Remember, people without symptoms may be able to spread the virus.



Wear a face covering over your nose and mouth in public settings especially when other social distancing measures are difficult to maintain.



Clean and disinfect surfaces and objects people frequently touch.

SYMPTOMS OF COVID-19 INCLUDE:



Cough



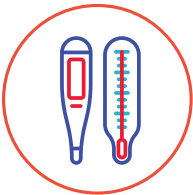
Shortness of Breath



Sore Throat



Fatigue



Fever



Headache



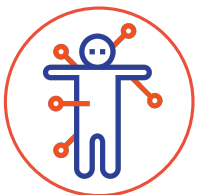
Difficulty Breathing



New Loss of Taste



New Loss of Smell



Muscle/ Body Aches



Runny Nose/ Congestion



Nausea, Vomiting, Diarrhea

Monitor Your Health Daily

If you have any changes in your condition tell a healthcare provider immediately. **Do not wait!**

Thank you for visiting. We are glad to have you. If you have any questions call: