

NOT ALL HEROES WEAR CAPES

SAVE A LIFE, STAY AT HOME



WASH YOUR HANDS FREQUENTLY

Washing your hands with soap and warm water for 20 seconds will kill the virus. Sing Happy Birthday 2x for a perfectly timed hand washing.

LIMIT YOUR TRIPS OUT OF THE HOUSE

Stack your errands into one larger trip versus multiple trips per week. Limit the number of people from your household who go along, ideally this would be just ONE person would go out to the store. Purchase only what you need for the week.



NO GATHERINGS

We know its tough, but NO social gatherings with people who live outside your home (even close friends & family). This means EVEN if you stand 6 feet apart, EVEN if its less than 10 people, EVEN if you're symptom free, young, have been quarantining, EVEN if its outside. Make the most of this opportunity to keep those in YOUR HOUSEHOLD safe!

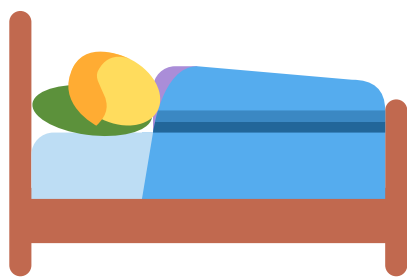
COVER YOUR COUGHS & SNEEZES

COVID-19 is spread through droplets. When you cough or sneeze, you can spray those germey droplets across a room. Covering your coughs and sneezes into your elbow or with a tissue prevents those particles from spreading to others.



ISOLATE IF YOU ARE SICK

If someone in your home becomes ill, isolate them from everyone else to limit the spread of germs. The less contact they have with everyone and everything in the house, the less chance that anyone else will get sick.



STAY POSITIVE

Other family members, especially kids, will take cues from your attitude and actions. Take the opportunity to enjoy your time together – it isn't punishment, it's protection.



WE'RE ALL IN THIS #TOGETHERAPART
#STAYHOME

