

Happy & Healthy

STOP THE SPREAD OF GERMS THAT CAN MAKE YOU AND OTHERS SICK



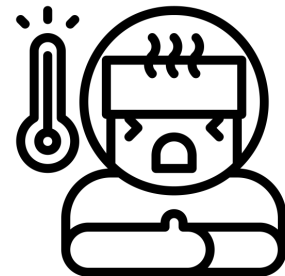
Cover Your Cough

- Cover your mouth and nose with a tissue when you cough or sneeze.
- Put your used tissue in the waste basket.
- If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.



Wash Your Hands

- Wash hands often with soap and warm water for 20 seconds.
- If soap and water are not available, use an alcohol-based hand rub.



Know The Symptoms

- COVID-19 and the Flu may have a variety of symptoms like fever, tiredness, cough, sneezing, aches/pains, runny nose, sore throat, diarrhea, headache, sinus congestion, watery eyes, shortness of breath, difficulty breathing, loss of taste/smell.
- Please delay your visit if you feel ill.

**You may be asked to wear a face mask to protect others.
If you are ill, please defer non-urgent in-person visitation.**



For more information on COVID-19, please visit <https://www.cdc.gov/coronavirus/2019-ncov/>

Effective October 4, 2022