PREVENTING THE SPREAD OF CORONAVIRUS: WHAT YOU CAN DO

Here’s how to protect yourself against coronavirus, flu, and other respiratory viruses, according to the Colorado Department of Public Health & Environment (CDPHE):

WASH HANDS
Wash your hands for 20 seconds or more with soapy water. Or, at a minimum, use an alcohol based sanitizer, which may be less effective than soap and water.

COVER COUGHS & SNEEZES
Cover coughs and sneezes with a tissue or your inner elbow shirtsleeve.

CLEAN FREQUENTLY
Clean and disinfect frequently touched objects and surfaces such as desks, doorknobs, handrails, etc.

AVOID CONTACT
Avoid close contact with anyone with cold or flu-like symptoms.

IMMUNIZE
Get your flu shot and stay up-to-date on other routine immunizations.

Thank you for helping to keep our community healthy!