

Dear Friend,

Many of us are worried about the potential for a COVID-19 (coronavirus) outbreak, which is why we want to make sure that you are well-informed and well-prepared with information, resources, and advice on how our state is dealing with COVID-19 and what you can do to keep your family healthy.

Here are a few basic tips from the CDC for keeping you and your family safe from germs, including COVID-19:

- Avoid **close contact** with people who are sick, and **avoid shaking hands** with others.
- When you are sick, **keep your distance** from others to protect them from getting sick too.
- **Cover your mouth and nose** with a tissue when coughing or sneezing. It may prevent those around you from getting sick.
- **Washing your hands** often will help protect you from germs.
- **Avoid touching** your eyes, nose or mouth.
- **Clean and disinfect** frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- **Contact your health provider** immediately if you think you've been exposed to COVID-19.
- **Stay at home** if you believe you might be sick.
- Practice other **good health habits**. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

If we work together and keep calm, we can all do our part to keep our communities, families, and neighbors healthy.

Please stay safe.