HOW TO PROTECT YOURSELF & OTHERS WHILE TRAVELING

According to the CDC:

• Clean your hands often. Wash your hands with soap & water for at least 20 seconds. Bring & use hand sanitizer that contains at least 60% alcohol.

• Avoid touching your eyes, nose, or mouth.

• Avoid close contact. Keep 6 feet of physical distance from others.

• Wear a cloth face covering in public.

• Cover coughs and sneezes.

• Pick up food at drive-throughs, curbside restaurant service, or stores.

Advocate Aurora Health