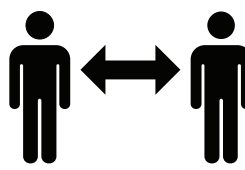
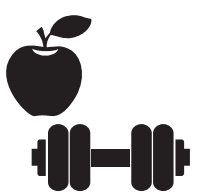




Germ-free Zone



Stay home if you're sick!

Wash	Limit exposure	Protect
 Wash hands thoroughly and often	 Practice social distancing and, when possible, limit the number of people in enclosed areas Avoid touching your mouth, nose and eyes	 Get the COVID-19 vaccination and booster as well as a flu shot, if possible
Avoid the bug		
 Eat healthy foods and exercise moderately	 Drink plenty of water	 Regularly clean and wipe down shared surfaces
 Get lots of rest		
Be healthy	Hydrate	Disinfect
		Rest



Sharing isn't always nice

- Wear a mask indoors when in close contact with others
- Stay home when sick (especially if you have a fever)
- Cover your nose and mouth when you sneeze or cough
- Use tissues when you sneeze
- Sneeze into your sleeve if tissues aren't handy



Visit nsc.org for more resources.