

6 TIPS TO MANAGE COVID-19

• BE INFORMED, EMPOWERED AND SAFE •



1 STAY HOME

Leave home only to give or get **essential** supplies or services.



2 WASH UP

Hand-washing with soap and water or alcohol hand sanitizer kills COVID-19.



3 DISTANCE

Stay **2 Meters** (six feet) away from anyone you don't live with. #physicaldistance.



4 HANDS OFF

Avoid touching eyes, nose and mouth!



5 STAY THE COURSE

Hang in there!
Be vigilant and follow the directions from our healthcare leaders.



6 STAY CONNECTED

Staying socially connected is important during this time.
Check-in on friends and family.