

STAYING SAFE AND HEALTHY: COVID-19

Our Impact Trainers remind everyone to take charge of your health and safety.



1. Don't be afraid. Talk to someone you trust.



2. Stay home.



3. Wash your hands for 20 seconds.



4. Cough in your elbow.



5. Wear a mask.



6. Stay 6 feet from other people (social distancing).



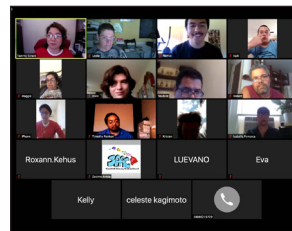
7. Update your medical information.



8. Make sure you have enough medications for more than one month.



9. Clean surfaces and areas you use all the time.



10. Stay positive and in touch by phone, social media and video conferencing with your family and friends.