

Winter 2020

## Protect Others & Mask Up

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# Protect Others & Mask Up

## Who is at Risk?

Older Adults & Elderly Adults

People with Underlying Health Conditions

Immunocompromised Individuals

### Tip #1

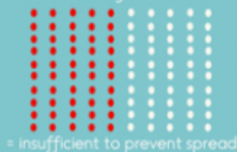
Keep extra masks in your car, bag or purse.

### Tip #2

Try different types of masks to see which may be more comfortable.

Wear a Mask Daily when interacting with others.

Masking at 50%



Wash your hands with soap and water for at least 20 seconds.



Using sanitizer that is 60-95% alcohol is recommended.



Avoid touching your face, mouth, and eyes.

Good Hand Hygiene is important to stop the spread of Covid.

## Practice Social Distancing

Stay 6 feet apart and promote social distancing within your social groups.



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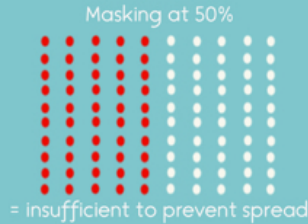
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## **Bibliography**

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