

Remember to follow these steps to help stop the spread of COVID-19, and other respiratory illnesses:

- Stay home when you feel sick.
- Cough or sneeze into your sleeve.
- Wash your hands often.
- Avoid touching your face.
- Throw used tissues in the trash right away.
- Keeping distance from others when out and about.
- Don't smoke indoors or around others, especially babies.

Physical distancing, hand hygiene and enhanced cleaning practices will be in place to help keep everyone healthy. For the protection of yourself and the community, we encourage you to wear your own mask to your appointment.

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