Worried about novel coronavirus (COVID-19)?

Follow these common sense health practices now to protect against seasonal cold and flu including novel coronavirus if it comes to our community.

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

Cover your cough and sneeze. If you are sick, face masks can prevent spread of germs to others, but are not recommended to prevent getting sick. Face masks are NOT a substitute for hand-washing.

Stay home when sick. If you or someone you live with has returned from China in the past 14 days, and are now sick, call your doctor and give your symptoms and travel history.

Get a flu shot! It will help you avoid flu symptoms which are similar to novel coronavirus symptoms.