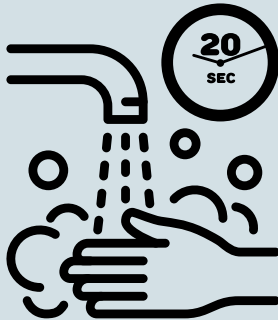


Protect Yourself and Your Shelter from Seasonal Respiratory Viruses

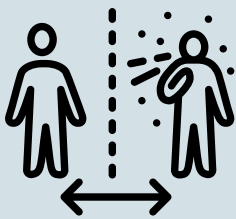


Wearing a mask is recommended to protect yourself and others



Wash your hands frequently with soap and water or use alcohol-based hand sanitizer.

Hand washing is one of the most important methods of stopping the spread of germs and staying healthy!



Stay 2 meters (6 feet) apart from others



Stay up to date with COVID-19 vaccine and boosters and get your flu shot.



Cover your cough or sneezing with a tissue or your sleeve



Seek Medical Attention when feeling unwell

