

COVID-19 HOW TO STOP THE SPREAD



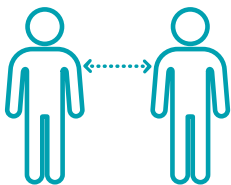
PREVENT



Wash your hands often, for at least 20 seconds.



Avoid touching your eyes and mouth with unwashed hands.



Avoid close contact with people who are sick.



Cover your coughs and sneezes with a tissue and throw out the tissue.

AVOID SPREAD



Disinfect surfaces that you touch. Wash your hands often, for at least 20 seconds.



Avoid close contact with other people and large gatherings. Cover your coughs and sneezes.



Stay at home while you are sick.



VidantNow is available 24/7 from home for \$20 or less when using **vidantrelief20** discount code and provides non-urgent care.

03-24-20