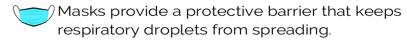
SUNDAY MORNING

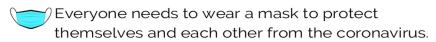
HEALTH CORNER

Reducing the Spread of COVID-19

According to the Centers for Disease Control and Prevention (CDC) since January 21, 2020, there have been over 25 million Coronavirus (Covid-19) cases within the United States, with over 423,519 people dying from the virus. Scientists and doctors are trying desperately to stop the spread of Covid-19 through testing and vaccinations. However, you can do your part in the fight to reduce the spread by wearing a mask and taking other necessary precautions.

The Importance of Wearing Mask





CDC recommends that people age 2 or older should wear masks in public. Mask does not have to be worn by children under the age of 2 or anyone who has trouble breathing.

Mask wearing is not a substitute for social distancing; masks should be worn in addition to staying at least 6 feet away apart, especially when indoors around people who don't live in your household.

Other Ways to Protect Yourselves From COVID-19

Stay at least 6 feet apart from others, and avoid crowded places and poorly ventilated areas.

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

Use hand sanitizer with at least 60% alcohol if soap and water are not available.

For more information on COVID-19 and wearing masks visit: https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/masks-protectyou-and-me.html





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