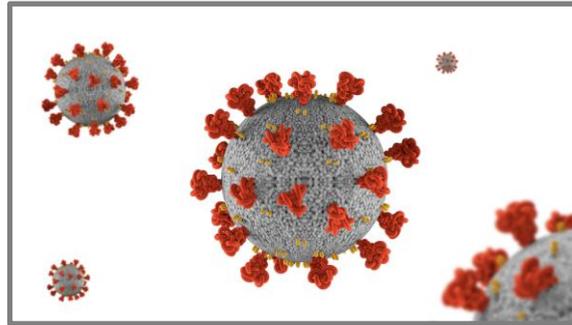


Prevent the Spread of COVID-19



Know When to Stay Home from Shopping

Sometimes it's hard to know when you have COVID-19. Symptoms may be mild or non-existent. You may be contagious. Preventing the spread of COVID-19 flattens the curve of infections allowing scientists to learn more about the virus and prevents hospitals and health care professionals from being overwhelmed with patients. Knowing when to stay home from shopping protects you and protects others at higher risk of complications.

Avoid shopping altogether if you:

- Are ill with a fever, coughing, or have gastrointestinal symptoms (diarrhea).
- If you have been in contact with someone diagnosed with COVID-19, or
- Are at higher risk for serious complications of COVID-19.

Ask neighbors to shop for you, order on-line, or reach out to community organizations.

Stay Home, Stay Safe, Stay Healthy

B. Susie Craig

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