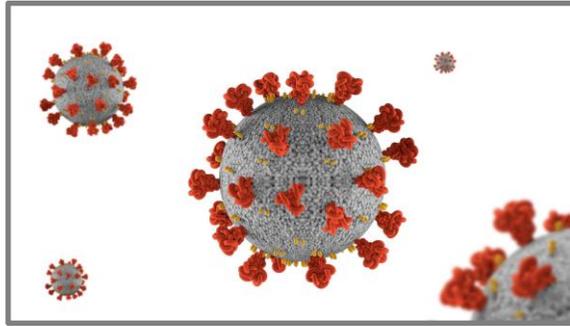


Prevent the Spread of COVID-19



Important Action Steps for Families

Stay at home orders from the governor mean just that. Stay at home. For all us, this transition is challenging. A month ago, we were commuting, working out at gyms, shopping, going to movies and inviting friends over for dinner. This lifestyle of social distancing is new and dramatically different. It a significant transition for all of us no matter our age.

It may be tempting to get out of the house several days a week, meet with friends to exercise, or take your children to the playground. When you do, you place yourself, your family, and others at a greater risk of contracting or spreading COVID-19. Enjoy your time at home. Try a new recipe, cook with your children, stay in touch with family and friends.

Stay Home, Stay Safe, Stay Healthy

B. Susie Craig

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