Wash your hands thoroughly with soap and water. When water is not available use alcohol-based hand sanitizer (at least 60% alcohol).

Cover your cough.

Stay home when you are sick.

Avoid touching your face, especially eyes, mouth and nose.

Regularly disinfect frequently touched surfaces.

CORONAVIRUS (COVID-19)

STAY CALM, BE PREPARED

Now is the time to PREPARE yourself, your family, and your business for possible Coronavirus or other respiratory illness. Horizon Public Health wants you and your family to plan ahead!

Make plans for your family and business:

- Have backup plans in case your school or daycare closes due to illness.
- Plan for an adequate supply of food, water and medication.
- Practice other good health habits—get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

Take precautions to protect yourself from illness:

- Wash your hands thoroughly with soap and water. When water is not available use alcohol-based hand sanitizer (at least 60% alcohol).
- Cover your cough.
- Stay home when you are sick.
- Avoid touching your face, especially eyes, mouth and nose.
- Regularly disinfect frequently touched surfaces.

For more information:
www.horizonpublichealth.org
320-763-6018
facebook.com/HorizonPublicHealth

Stay informed of the current situation: