

## Keep your community safe.

There's a new virus spreading that causes:

- Fever
- Coughing
- Trouble breathing

Most people get better. But enough people are dying of coronavirus (COVID-19) to make it a very serious concern.

### What can you do to protect your family and community?

Stay home. And stay at least 6 feet away from anyone outside your home. That's far enough that a sneeze or cough can't spread the virus. If you need to go out, wearing a mask over your mouth and nose can also help keep you and others safe.

### Also, postpone activities that bring groups of people together.

- Family and social gatherings
- Church services
- Jobs that take you to other people's homes

Only go out for essentials, such as food and medication, otherwise you should not leave your home. Don't visit family and friends in other houses, and avoid hugs and handshakes.

### This is the best way to stop the virus from spreading.

You should also:

- Wash your hands with soap and water often.
- Try not to touch your face.
- Clean counters, doorknobs and other things in your house that family members touch often.

You may think that everyone in your community is healthy. But the virus can be in your system for up to two weeks before you show symptoms. During that time, it can spread.

If you or a family member get a fever, start to cough or have trouble breathing, stay away from others. And if symptoms get worse, call a doctor.

**Questions? Call 570-284-3657.**

**Nurses are on duty day and night.**