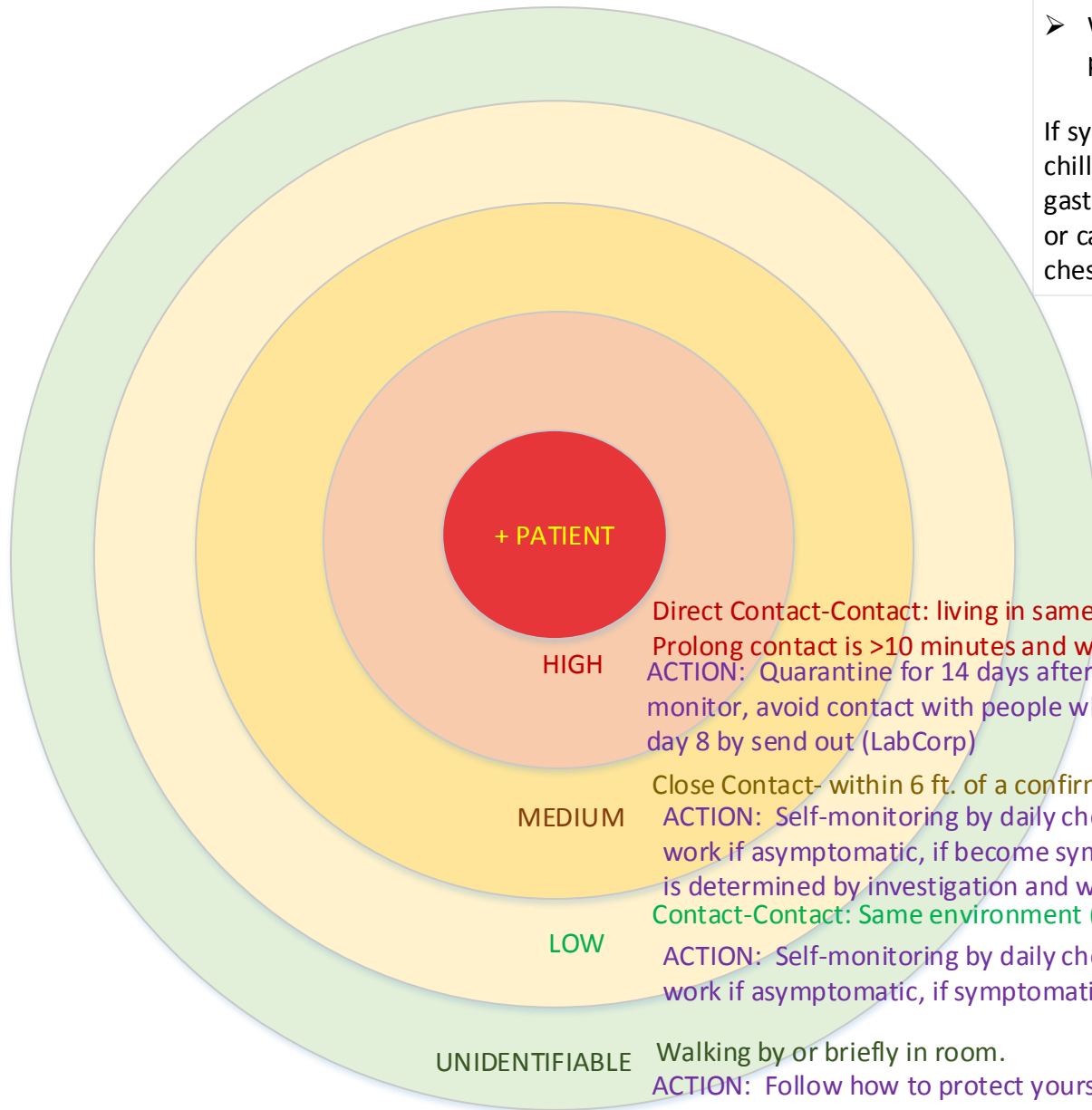


# Risk Exposure Categories COVID-19



## How to protect yourself:

- Wash hand often for 20 seconds with soap and water
- Clean high frequently touched surfaces daily
- Practice social distancing, stay 6 ft. from other people
- Do not gather in groups, stay out of crowded places
- Wear cloth mask or facemask to slow the spread, wear in public and make sure it covers your nose and mouth.

If symptomatic (fever 100.4, coughing, shortness of breath, chills, muscle pain, sore throat, new loss of taste or smell, gastrointestinal symptoms) call RN hotline, go to triage tent, or call EMS if an emergency (trouble breathing, pressure in chest, new confusion or inability to arouse, bluish lips or face).