# Stop and Ask Yourself



Are you feeling symptoms of anything that could endanger those we care for?

## Please postpone your visit if you have been exposed to COVID-19 (Coronavirus) or have felt any of these symptoms:

- Fever
- Sore throat
- Cough

 A general feeling of being unwell (body aches, chills)

• Shortness of breath

- Diarrhea or nausea
- Respiratory problems

We welcome visitors, but we all need to be particularly cautious when visiting communities.

It's possible to spread contagious viruses even if you have no symptoms. As a precautionary measure, everyone entering this community is required to use the sanitizers provided.

#### Please do not enter the community if you:

- If you have had symptoms or known exposure to someone with COVID-19.
- Have traveled to known affected areas and returned in the past 14 days.

## The CDC recommends you safeguard yourself and others, take the following precautions:

- Cover your nose and mouth with a tissue when you sneeze or cough.
- Dispose of tissues immediately after use.
- Wash hands often with soap and water for 20 seconds, especially after coughing or sneezing. Use hand sanitizer if soap and water is not available.
- Avoid touching your eyes, nose and mouth.
- If you are sick, avoid contact with others so that you do not spread the infection.

Any Questions?



### Speak to our Executive Director or Administrator