Beacon Community Awareness

STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.
- AND - Stay 6 feet from coughing folks.

Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- OR - Cough into your elbow. Not your hands!

Symptoms may appear 2-14 days after exposure:
- Fever
- Dry cough
- Shortness of breath
- Pneumonia

Avoid touching your eyes, nose, and mouth.

Clean and disinfect frequently touched objects and surfaces.
- AND - Don't forget your cell phone, too!

Stay home when you are sick, except to get medical care.
- AND - Call ahead to your doctor before visiting the office, clinic, or hospital.

Wash your hands often with soap and water for at least 20 seconds.
- OR - Hand sanitizer with 60% alcohol!

For more information: www.cdc.gov/COVID19 or www.DutchessNY.gov/Coronavirus