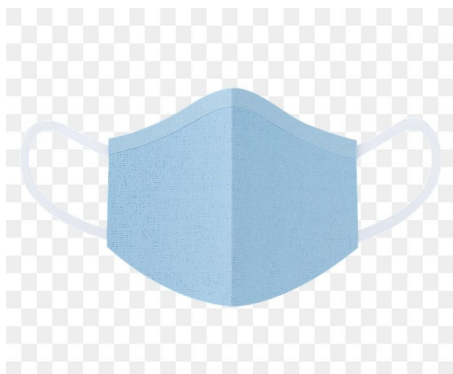


Stay Healthy

COVID-19 □ FLU □ Other Viruses



Wear a face covering in public places and limit time spent in public places. A face covering includes a mask, bandana or face protection covering the nose and mouth with minimal gaps.

Stay 6 feet or 2 meters apart, about 2 armlengths, from people that do not live in your home.



Wash your hands often! Times to practice hand washing are after you touch door knobs/handles, light switches, touching your face, public outings.

1. Wet hands
2. Lather hands, between fingers and wrists with soap
3. Rub for at least 20 seconds
4. Rub and rinse hands thoroughly
5. Drying your hands completes the process



ARKANSAS DISABILITY COALITION

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