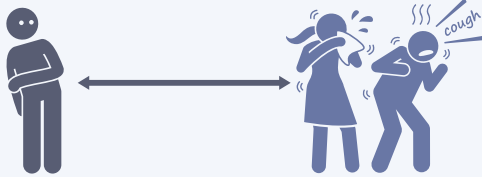


Coronavirus Disease 2019 (COVID-19): Protect Yourself and Your Family

- Avoid close contact with people who are sick

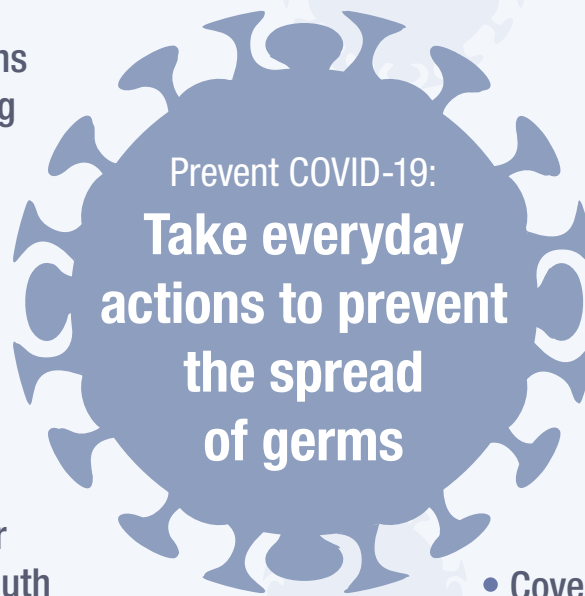


- Wash your hands often for at least 20 seconds with soap and water



- Ensure all immunizations are up to date, including your seasonal flu shot

- Stay home if you are sick and avoid close contact with Family members and pets



- Use hand sanitizer when soap and water are unavailable

- Avoid touching your eyes, nose, and mouth



- Cover your cough/sneeze with a tissue, then throw it in the trash; cough/sneeze into your elbow if tissues are unavailable



- Create an emergency preparedness kit



For current COVID-19 information:

<https://phc.amedd.army.mil/topics/discond/diseases/Pages/2019-nCoVChina.aspx>
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

The Military Health System Nurse Advice Line is available 24/7:
 Call 1-800-874-2273 option #1
 or visit <https://www.health.mil/I-Am-A/Media/Media-Center/NAL-Day-at-a-glance>



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For more information, contact your installation's Department of Public Health.

Emergency Kit Checklist for Families:

<https://www.cdc.gov/childrenindisasters/checklists/kids-and-families.html>

Pet Disaster Preparedness Kit

<https://www.cdc.gov/healthypets/emergencies/pet-disaster-prep-kit.html>

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