

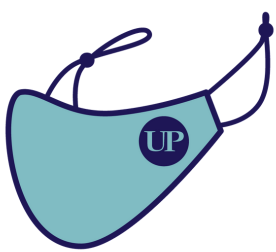
Pilots Prevent.

Healthy You. Healthy Community. Healthy Together.



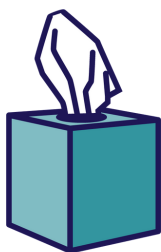
Wash Your Hands Often

Wash your hands often with soap for at least 20 seconds or use hand sanitizer that contains at least 60% alcohol.



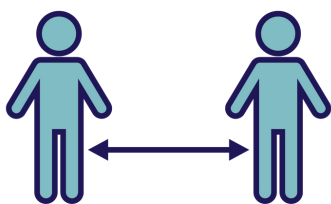
Cover Your Mouth & Nose with a Cloth Face Covering

Continue to keep 6 feet between yourself and others, as a cloth face covering is not a substitute for physical distancing.



Cover Your Cough & Sneezes

Cover your mouth & nose with a tissue or use the inside of your elbow. Dispose of the tissue in the trash and immediately wash or sanitize your hands.



Practice Physical Distancing

Since people can spread the virus before they know they are sick, it is important to stay away from others when possible. Maintain a distance of at least 6 ft between yourself and others.



Stay Home When You Feel Sick

Stay home if you are feeling sick and contact your medical provider before seeking treatment.



Clean & Disinfect

Clean and disinfect frequently touched surfaces daily. This includes, light switches, door knobs, desks, phones & keyboards.