

# COVID-19 Tip #12

September 2020

## Build a Wall of Protection for your Family's Health

To reduce the spread of COVID, colds and flu, create a healthy environment for your family with these five actions.



Sleep apart when  
you are sick.



Get the annual  
flu shot.



If you are sick, wear  
a mask around  
others or in  
shared spaces.



Sneeze into your  
elbow, never into  
your hands.



Wash your  
hands often.