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.

1. Sleep apart when you are sick.
2. Get the annual flu shot.
3. If you are sick, wear a mask around others or in shared spaces.
4. Sneeze into your elbow, never into your hands.
5. Wash your hands often.

September 2020

COVID-19 Tip #12

Rural Women’s Health Project
www.rwhp.org
@healthplusrwhp