Prevent the spread of COVID-19 in

7 EASY STEPS

1. Wash your hands frequently.
2. Avoid touching your eyes, nose, and mouth.
3. Cover your cough using the bend of your elbow or a tissue.
4. Avoid crowded places and close contact with anyone that has a fever or cough.
5. Stay at home if you feel unwell.
6. If you have a fever, cough, and difficulty breathing, seek medical care early—but call first.
7. Get information from trusted sources.

Source: World Health Organization

SAFETY FIRST

CONTINENTAL INTERPRETING