COVID-19 Tip #12

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.

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