

Staying Safe and Healthy

COVID Corner

with the Area Agency on Aging District 7



Three Important Steps

According to the CDC, COVID-19 cases, hospitalizations and deaths across the country are rising. Take steps to slow the spread of COVID-19.

Three Important Ways to Slow the Spread

- 1** Wear a mask to protect yourself and others and stop the spread of COVID-19.
- 2** Stay at least 6 feet (about 2 arm lengths) from others who don't live with you.
- 3** Avoid crowds. The more people you are in contact with, the more likely you are to be exposed to COVID-19.