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DECEMBER EDITION: STAY VIGILANT.

WHY DO YOU WEAR A MASK?



[Click to watch video.](#)
Together, we can be a **Healthy East Hartford!**

Straight from the CDC:

The more steps you take to prevent the spread of COVID 19 the safer you, and those around you will be. It is hard, but you can do it! Click the links below for more information.



[Wear a mask](#) regularly. Cover your mouth and nose when around others.

[Avoid close contact](#) (about 2 arm lengths) from others who don't live with you, particularly in crowded areas.

[Wash your hands](#) with soap and water for at least 20 seconds or use a hand sanitizer that contains at least 60% alcohol.

[Stay home](#) when sick EXCEPT to get medical care. Most people with COVID-19 have mild illness and recover at home without medical care.

[Get Tested.](#) Click [HERE](#) for testing sites near you!

All resources and information obtained from <https://www.cdc.gov>.

What You Can Do:

Wear your Mask

Wash your Hands Often

Get a FLU Vaccine

Clean and Disinfect Devices

Avoid Crowds and Holiday Gatherings

Avoid Holiday Travel

