

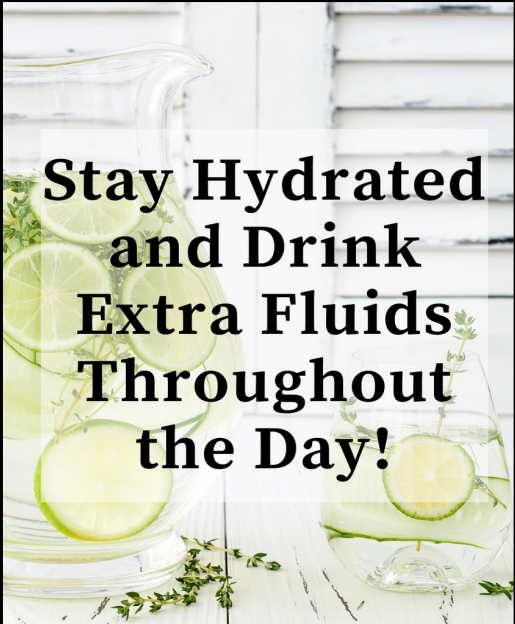
# How Can You Protect Yourself From the Coronavirus (COVID-19)?



**Eat Extra Servings of Fruits and Vegetables!**



**Wash Your Hands Frequently!**



**Stay Hydrated and Drink Extra Fluids Throughout the Day!**




**Get Plenty of Sleep!**



**Avoid Contact with Sick Individuals!**



**Disinfect Frequently Touched Objects, Like Cell Phones!**



**Individuals who have questions or concerns are encouraged to call the Coronavirus Hotline at 888-364-3065. For updated information, please visit [www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus).**



**Public Health**  
Prevent. Promote. Protect.

**Tioga County**