(Know your risk of unknown exposure)

To be low risk, you must meet all of the following criteria:

- Try to avoid contact with and touch objects handled by people who are sick.
- Avoid close contact (<1 meter) with people who are sick.
- Wear a protective mask in public when social distancing is not possible.
- Wash your hands often with soap and water for at least 20 seconds.
- Avoid touching your face, especially your eyes, nose, and mouth.

To protect yourself and your loved one while inside of a facility, we need you to:

- Wear a face mask at all times while inside of the facility.
- Practice social distancing by maintaining a distance of at least 6 feet from others.
- Avoid touching common areas and objects frequently touched by others.
- Wash your hands frequently with soap and water.

(You are at higher risk of COVID-19 if your activities in the past 14 days include):

- Being around someone with COVID-19 symptoms (fever, cough, shortness of breath,或 other symptoms).
- Traveling to a country with COVID-19 cases.
- Spending time in a place where there is a known COVID-19 outbreak.
- Having close contact with someone who has COVID-19.

If you have symptoms of COVID-19, please contact your healthcare provider immediately.