

# RAIDER Health Report



## Feeling Sick

Stay home if you are feeling sick



## Practice

Practice social distancing

## Wash Your Hands

Wash your hands often — for at least 20 seconds



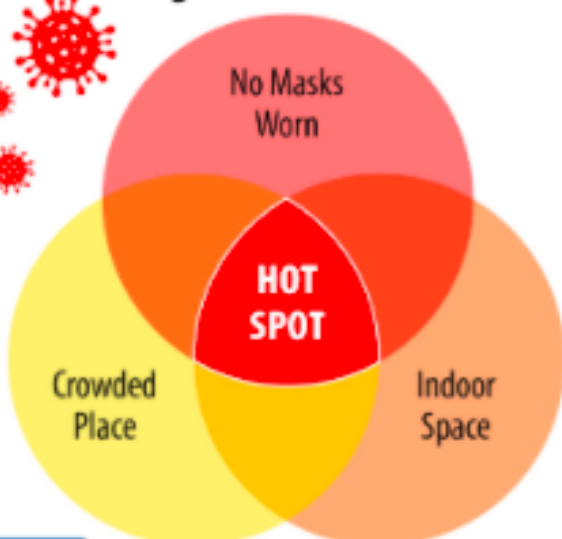
## Promote

Use of face coverings  
Use of hand sanitizer  
Stay in small groups



## Tips for Reducing Risk of Getting COVID-19

### Things that Increase Risk



### Things that Decrease Risk



[www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus)

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Prioritize outdoor spaces where people are wearing masks and keeping 6 feet away from others