

# Protect Yourself. Protect Each Other.

Take the right steps to help prevent the spread of flu and coronavirus.



**Call before going for health care treatment.**



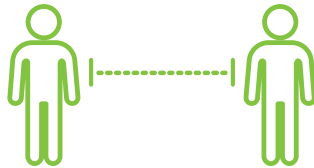
**Wash your hands often!**



**Clean commonly used surfaces.**



**Don't touch your face.**



**Stay 6 - 10 feet away from people.**



**Stay home if you have flu-like symptoms.**

To help keep our community and caregivers safe, ChristianaCare is making frequent changes to our services and policies. Be sure to check the website for helpful information.

***[ChristianaCare.org/coronavirus](https://www.ChristianaCare.org/coronavirus)***

As always, we're here for you and **FOR THE LOVE OF HEALTH.**

