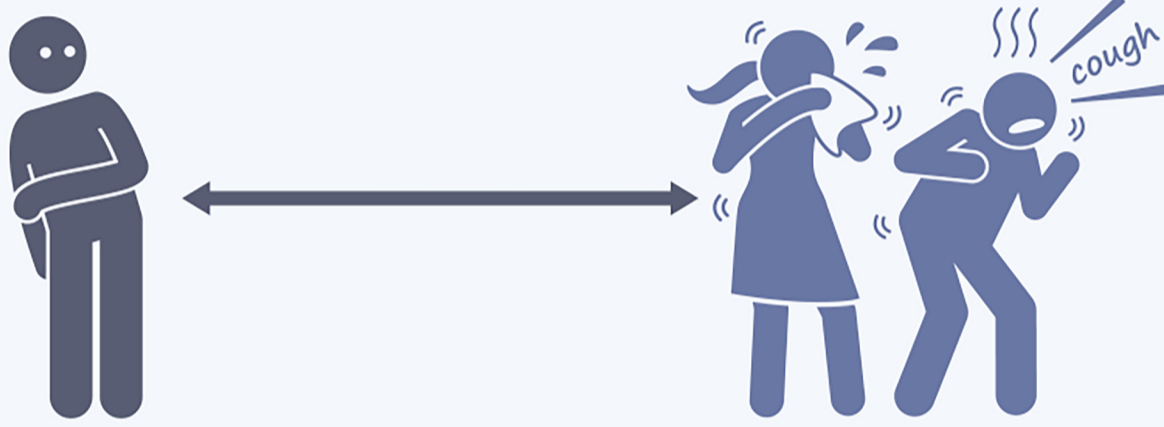


NEW YORK

ARMY NATIONAL GUARD

DON'T LET YOUR GUARD DOWN *PREVENT COVID-19*

- Avoid close contact with people who are sick



- Wear a cloth face covering and maintain at least six feet of distance at any indoor or outdoor gathering with people who live outside your home. This is especially important when indoors.

- Ensure all immunizations are up to date, including your seasonal flu shot

- Stay home if you feel unwell and use social distancing by putting space between yourself and others

- Avoid touching your eyes, nose, and mouth



- Create an emergency preparedness kit

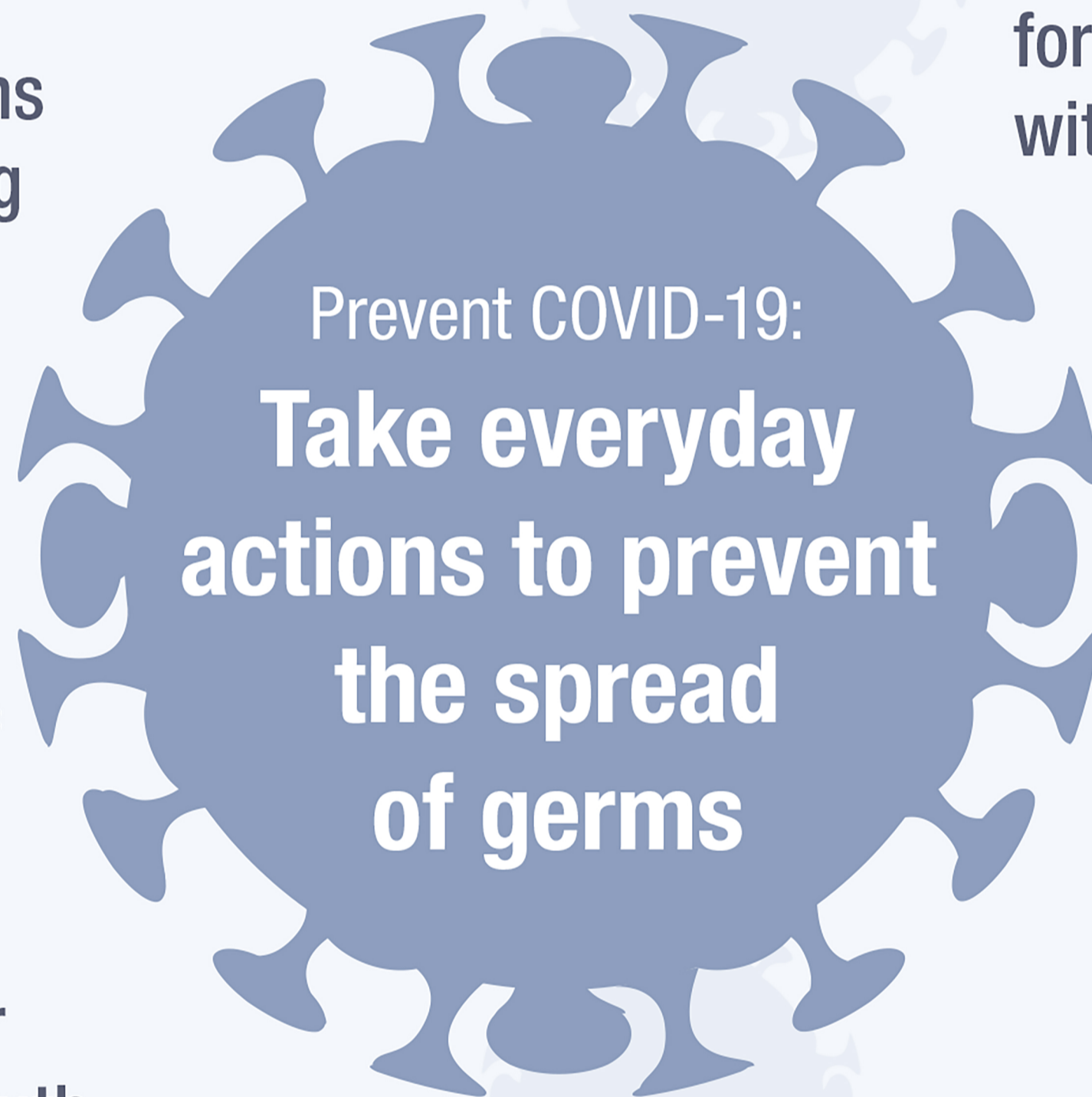
- Wash your hands often for at least 20 seconds with soap and water



- Use hand sanitizer when soap and water are unavailable



- Cover your cough/sneeze with a tissue, then throw it in the trash; cough/sneeze into your elbow if tissues are unavailable



For current COVID-19 information:

<https://phc.amedd.army.mil/covid19>

<https://www.coronavirus.gov/>

The Military Health System Nurse Advice Line is available 24/7:

Call 1-800-874-2273 option #1

or visit <https://www.health.mil/I-Am-A/Media/Media-Center/NAL-Day-at-a-glance>

Emergency Kit Checklist for Families:

<https://www.cdc.gov/childrenindisasters/checklists/kids-and-families.html>



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