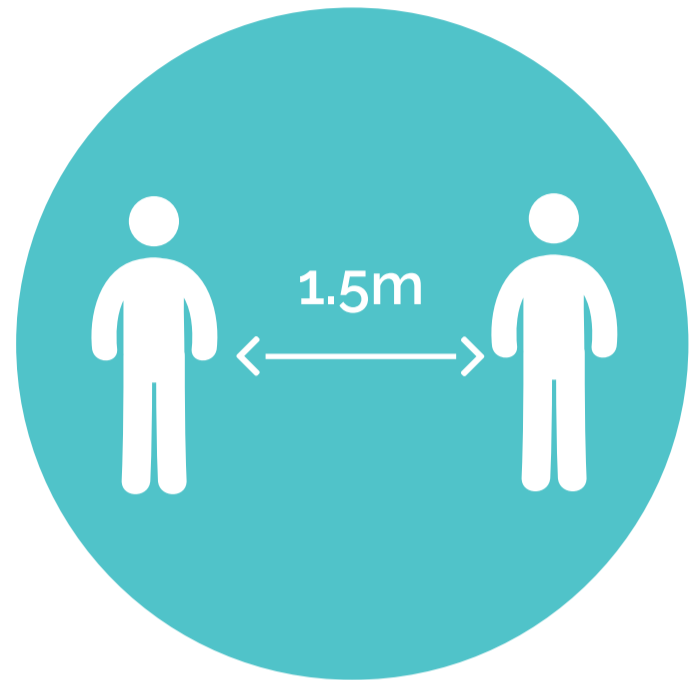


# Supporting healthy communities



Wash hands with soap for 20 seconds, or an alcohol-based hand rub



Avoid close contact with people, particularly those with cold-like symptoms



If you sneeze or cough, cover your nose and mouth with tissue or a flexed elbow



Let your Seasons Community Manager or Care Manager know if you have a cough, fever, sore throat, shortness of breath and / or have been in contact with someone who's recently been overseas.