These steps are critical for everyone to take, because although everyone is not at equal risk for a severe case of COVID-19, everyone risks being infected with the virus that causes the disease and then spreading it to others.

1. **STAY**
   If you feel sick, stay home.

2. **SAFE**
   Keep a safe distance from others.

3. **WASH**
   Wash hands frequently.

4. **CLEAN**
   Clean and disinfect frequently used surfaces.

5. **PROTECT**
   Protect the vulnerable.

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**KNOW THE SYMPTOMS**

- Cough
- Fatigue
- Body aches
- Headache
- Loss of taste or smell
- Sore throat
- Congestion
- Runny nose
- Nausea
- Vomiting
- Diarrhea
- Shortness of breath
- Muscle pain

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**SICK STUDENTS AND ADULTS SHOULD REMAIN HOME.**

#COVIDSTOPSWITHME