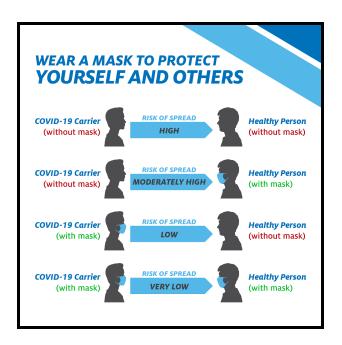
## Nurse's Nook Winter is Coming

Winter is coming! Health experts have been warning that the colder months may bring upon us a "twindemic" of both the seasonal cold/flu as well as COVID-19. As the number of COVID cases in our community continues to rise, it's important now more than ever to remain vigilant and prepare! So what can we do?

1. Wear a mask in public. This is one of the most effective ways to stem the spread of COVID-19. Masks enable us to protect others from ourselves, so this means that in order for this to work, it's best if we all commit to this together.



- 2. Watch your distance. Whenever possible, keep a distance of 6 or more feet away from people in public. Social distancing makes it harder for these sneaky bugs to get to you.
- 3. Wash your hands frequently with soap and water for 20 seconds or more, or use hand sanitizer with 70% alcohol content. When washing your hands:
  - Start by wetting hands with clean, running water. Turn off the tap and apply soap.
  - Lather hands by rubbing them together with the soap. Be sure to get the backs of hands, between fingers, and fingernails.
  - Scrub hands for at least 20 seconds.
  - Rinse hands well under clean, running water.
  - Dry hands using a clean towel or air dryer.



As always, be mindful of how you're feeling! Notice if you're experiencing any of the following symptoms: Fever (100.4 or higher), headache, shortness of breath, cough, sore throat, vomiting, diarrhea, abdominal pain, congestion or runny nose, new loss of sense of taste or smell, nausea, fatigue, or muscle or body aches. If so, **call your doctor for medical evaluation and testing!** 

Thank you for your commitment to keeping yourself and our community safe during such a challenging time!