

Feeling Under the Weather?



Not feeling well?

Stay home

If you have a fever, cough, and difficulty breathing, seek medical attention; and call in advance. Follow the directions of your local health authority.

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Maintain a healthy lifestyle – including proper diet, hydration, sleep, and exercise. Maintain social contact with loved ones at home, and connect via email and phone with friends and family outside of the house.

Rest

Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive to be upsetting.

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