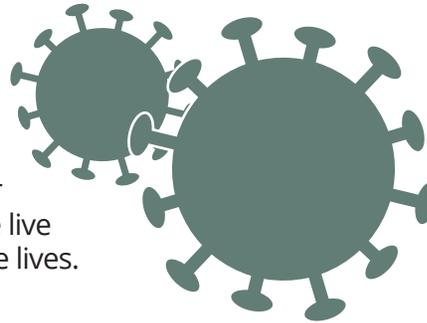


Flattening the Curve:

Together We Can Stop the Spread of COVID-19 & Save Lives

The COVID-19 pandemic is continuing to expand and affect our community. By making some important changes to the way we live and interact with one another, we can stop the spread and save lives.

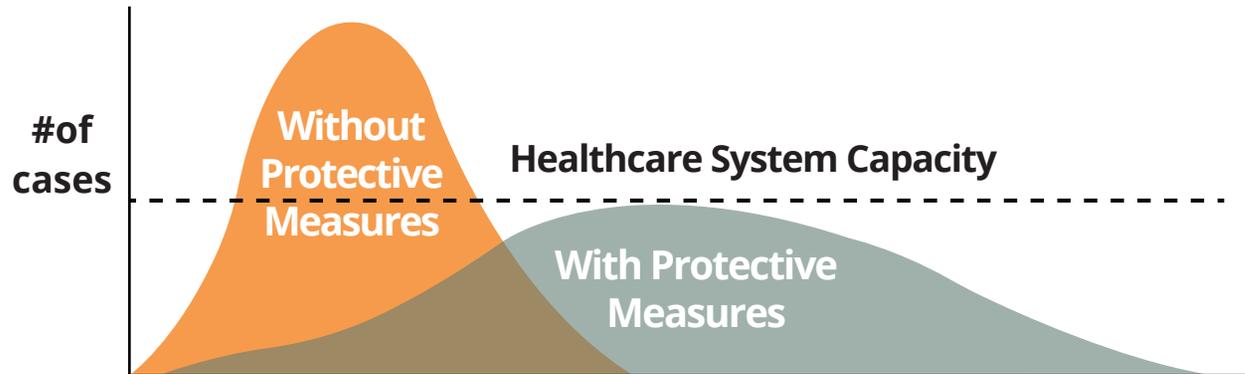


FLATTENING THE CURVE

If the COVID-19 pandemic continues to grow at the current pace, it will overwhelm our health care system, and in-turn, increase the number of people who experience severe illness or death.

If we can slow the spread, just as many people might eventually get sick, but the added time will allow our health care system to provide lifesaving care to the people who need it.

That's why public health orders that promote social distancing are being put in place. By flattening the curve — reducing the number of people who will get COVID-19 in a short period of time — we can save lives.



IT WORKS

Flattening the curve has been a successful strategy to combat other public health crises in our history. In 1918 during the Spanish flu pandemic, cities that put social distancing measures in place saw much fewer cases of severe illness and death.

HOW TO DO IT

We're all in this together, and we all have a role to play.

- **Practice social distancing.** This means staying at least six feet away from others. Without social distancing, people who are sick with COVID-19 will likely infect between 2-3 other people, and the spread of the virus will continue to grow.
- **Stay home** and away from public places, especially if you are sick.
- **Wash your hands** frequently with soap and water.
- **Cover your nose and mouth with a tissue when coughing and sneezing**, throw the tissue away and then wash your hands.
- **Avoid touching your face** including your eyes, nose and mouth.
- **Disinfect frequently touched objects and surfaces**, like door knobs and your phone.

HOW TO STAY CONNECTED & ENGAGED

There are many things we can do to **stay connected with one another and to maintain our well-being** during this time. Here are some ideas:

- Call or video chat with friends, neighbors and family.
- Go for a walk outside, but keep your social distance.
- Plan a family game night with people who already live in your home.
- Read a good book, listen to music or stream a favorite show.
- Cook a healthy meal.
- Get a head-start on spring cleaning.
- Do arts and crafts — get creative and use what's available in your home.