

# BEST COVID-19 RECOMMENDATIONS



#EMPOWERYOURBRAIN

[HTTPS://BRAINENERGYSUPPORTTEAM.ORG](https://brainenergysupportteam.org)

Wear a mask around people outside your immediate family.



2M/ 6FT

## MAINTAIN PHYSICAL DISTANCING

Stay at least 6 feet (2 meters) away from those around you, especially anyone who is coughing or sneezing.



WASH OFTEN!



AVOID!

WASH YOUR HANDS OFTEN AND AVOID TOUCHING YOUR EYES, NOSE AND MOUTH

Get the facts.  
Protect yourself and those you love.



<https://brainenergysupportteam.org>

Visit the BEST COVID Updates Page

<https://brainenergysupportteam.org/coronavirus-updates>

This information is provided in partnership with the Verdant Health Commission.

