

COVID-19: Helpful Hints and Protocols

- WASH YOUR HANDS OFTEN. Use plenty of soap and water. The World Health Organization's recommended hand washing protocol is available on [YouTube](#).
 - USE HAND SANITIZER frequently. But remember, proper HAND WASHING is more effective than using hand sanitizer.
 - AVOID touching your eyes, nose, and mouth.
 - COVER YOUR COUGH OR SNEEZE with a tissue, then throw tissue in trash container.
 - MINIMIZE PERSON-TO-PERSON CONTACT. Stay away from large groups of people; practice social distancing (keep about 6 feet away from other people).
- ⁹ If you are not feeling well, SELF QUARANTINE. If you experience a FEVER, DRY COUGH, SHORTNESS OF BREATH contact your primary care health provider!

Please Note:

- **Our Condo's Community Room, Fitness Center and Business Center are CLOSED until further notice.**
- **Please see our website for further information:**
marketstreetattowncenter.com