



Stay on Guard Health

Protect yourself and medical frontline workers by taking precautions to stay healthy:

- Practice good hand hygiene
- Schedule virtual medical appointments when possible
- Wear a mouth and nose covering in public including to medical facilities if in-person visits to a doctor are necessary
- Order prescriptions in advance for quick pick up with other groceries or have them delivered by mail to limit pharmacy visits
- Continue to seek care from your regular health provider
- Get a flu shot
- Get tested
- Thank a healthcare worker

