HEALTH & SAFETY TIPS FOR TRAVELING DURING SPRING BREAK:

If you are traveling out of the United States:

1. 5 countries have been designated as LEVEL 3 warning areas—meaning AVOID TRAVEL: Italy, South Korea, Iran, China, and Venezuela.
2. Check CDC Travel Advisories for others as situation is rapidly changing. (www.cdc.gov)

If you are traveling domestically:

1. Avoid people who appear ill
2. Wash your hands frequently with soap & water for 2 min.
3. Don’t touch your nose, mouth, or eyes.
4. Don’t share! Maintain good personal habits.
5. Use respiratory etiquette: Cover mouth and nose with tissue or sneeze into your elbow.

General Care:

1. If you develop fever/cough symptoms seek out medical assistance. Call first for advice!
2. Use tissues for coughing/sneezing & dispose of properly
3. Upon return call clinic immediately if you feel ill. (910-672-1259)