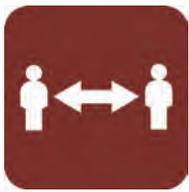


Keep Tompkins County Healthy & Safe During COVID-19



Distance

Please do not form lines or groups. Keep 6 feet of distance at all times.



Density

Avoid entering crowded rooms or areas. Reduce occupancy to allow for proper distancing.



Face Covering

You must wear a face covering when in public buildings and outdoor spaces around others.



Hand Hygiene

Wash hands well and often. Clean & disinfect frequently touched surfaces often.



Symptoms

If you have a fever, cough, shortness of breath, or body aches, stay home & get tested.



Mental Health

COVID-19 has affected everyone's well-being. If you are struggling, it's OK to ask for support.

Please take steps to protect your own health and the health of others.

Get tested for COVID-19 at the Cayuga Health Sampling Site,
607-319-5708 or CayugaHealth.org



tompkinscountyny.gov/health/movingforward