



KEEPING OUR J HEALTHY: HOW YOU CAN HELP

WASH YOUR HANDS

Wash your hands with **soap and water** for at least 20 seconds or use an **alcohol-based hand sanitizer** frequently.



STAY HOME IF YOU'RE SICK

Avoid coming to the J if you're not feeling well, especially if you're experiencing **fever, shortness of breath, or difficulty breathing.**



COVER YOUR COUGH

Cover your nose and mouth with a tissue or your sleeve (not your hands) when you sneeze or cough.



For more information and resources,
visit [jccdallas.org/health](https://www.jccdallas.org/health)