

Coronavirus

Tips for Staying Healthy

Courtesy of The City of Newport



Wash your hands

for 20 seconds with soap & water, or use hand sanitizer frequently throughout the day



Avoid touching your face

especially your eyes, nose & mouth after you've coughed or sneezed.



Stay home

for any respiratory illness & please avoid close contact with others if exhibiting symptoms

Symptoms to Watch For

- **Fever**
- **Body Aches**
- **Lower respiratory illness**
coughing, difficulty breathing & pneumonia



More information can be found at Health.RI.gov/Covid

To receive E-Alerts from the City visit CityofNewport.com/Alerts

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