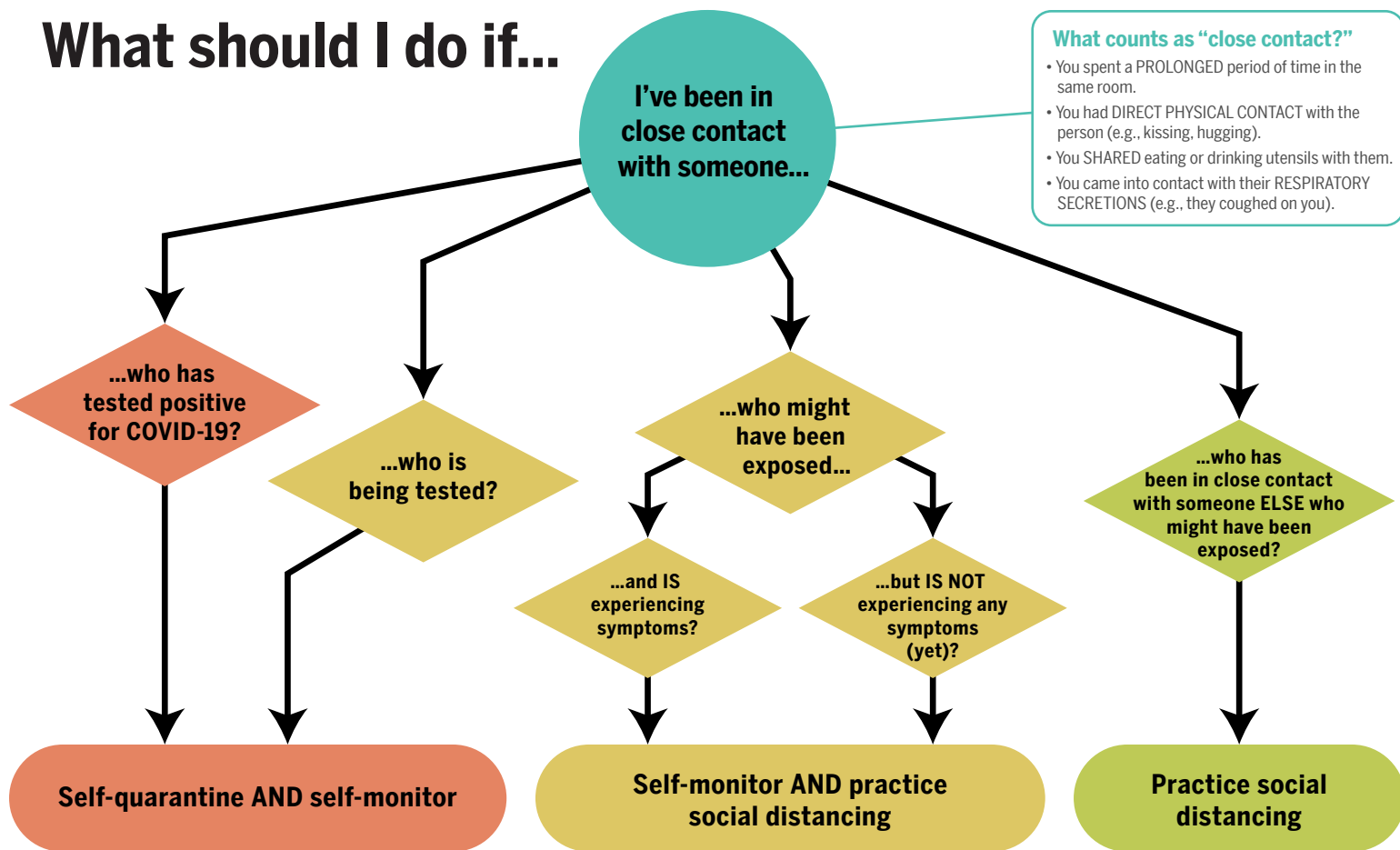


What should I do if...



How do I...

...self-quarantine?

STAY HOME for 14 days.
AVOID CONTACT with other people.
DON'T SHARE household items.
 Learn more at:
<https://www.nh.gov/covid19/>

...self-monitor?

BE ALERT for symptoms of COVID-19, especially a dry cough or shortness of breath.
TAKE YOUR TEMPERATURE every morning and night, and write it down.
CALL your doctor if you have trouble breathing or a fever (temperature of 100.4°F or 38°C).
DON'T seek medical treatment without calling first!

...practice social distancing?

STAY HOME as much as possible.
DON'T physically get close to people; try to stay at least 6 feet away.
DON'T hug or shake hands.
AVOID groups of people and frequently touched surfaces.
 Learn more at:
<https://www.communitybridgesnh.org/about-us/announcements/>

And practice great hygiene!

WASH your hands frequently • **AVOID TOUCHING** your face • **WIPE DOWN** frequently touched surfaces

IF YOU HAVE NOT BEEN IN CLOSE CONTACT, OR DO NOT KNOW IF YOU HAVE BEEN IN CLOSE CONTACT, CONTINUE TO SELF MONITOR AND PRACTICE SOCIAL DISTANCING.

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Connecting Individuals with Disabilities to Their Community

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