## SAAAL Retiree Chapter Membership Meeting



March 25, 2020

Due to concerns over the Coronavirus, and the health and welfare of our members, the March 25th SAAAL Retiree Chapter Meeting is CANCELED.

We are sorry for any inconvenience this may cause and we will keep you informed concerning upcoming

BE SAFE!!!

Pecial Presentation by:

will be attending our Retirees meeting and presented information on Jud vius and etc on March 25th at 11:30. prol

## Everyday actions to prevent illness

Everyone should help prevent the spread of all respiratory diseases, including colds and flu and COVID-19. For example:

- Avoid close contact with people who are
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- · Cover your cough or sneeze with a tissue, then throwing the tissue in the trash.
- · Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.



Wet your hands with clean, running water and apply soap.



Lather your hands by rubbing them together with soap. Lather the backs of your hands, between your fingers and under your nails.



Scrub your hands for approximately 20 seconds.



Dry your hands using a clean towel or air dry them.

