

# PREVENTION



To help **limit the spread of the virus that causes COVID-19**, once you are inside this facility we ask that you:

- Wash your hands often with soap and water. If not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Cover your mouth and nose with a tissue or sleeve when coughing or sneezing.

**If you are ill or not feeling well:**

- Please refrain from coming into our facility and call the phone number/s below to reach out to Self-Sufficiency Program service providers:

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**Additional recommendations from the Oregon Health Authority:**

- Avoid contact with people who are sick.
- Stay home while you are sick and avoid close contact with others.
- Clean and disinfect objects and surfaces that you frequently touch.

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For more information on COVID-19, please visit the Oregon Health Authority (OHA) website at [www.oregon.gov/oha](http://www.oregon.gov/oha). Information is available in multiple languages.

## Thank you for your patience!