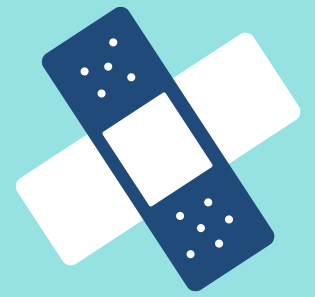


STOP THE SPREAD



You can protect yourself and your community from COVID-19 by taking some basic precautions.



1 WASH YOUR HANDS WITH SOAP AND WATER

Count to 20 seconds - sing "Happy Birthday" twice.

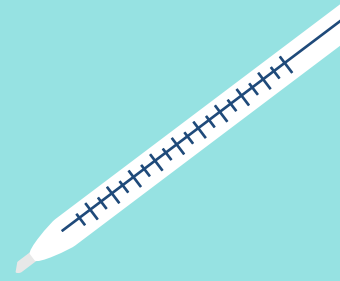
2 COUGH AND SNEEZE INTO YOUR ELBOW

Don't cough into your hands or - even worse - into the air.



3 MAINTAIN SIX FEET OF DISTANCE

COVID-19 is thought to mainly spread from person to person, and even people who are not showing symptoms can be contagious.



4 WEAR A MASK

Wearing a mask can lessen viral airborne particles. Make sure it fits over both your nose and mouth.

5 STOP SMOKING

Smoking increases your risk for multiple respiratory illnesses, including COVID-19. There are many benefits to NOT smoking - it's always a good time to quit!



6 SEE YOUR CHIROPRACTOR

Your GCA chiropractor has set the highest sanitary standards to keep you safe while continuing to receive chiropractic care.

