

Spring Issue

COVID-19: HOW TO PREVENT THE SPREAD OF THIS VIRUS?



1. Wash your hands often, with soap and water for at least 20 seconds.

Use hand sanitizer that contains at least 60% alcohol.

2. Avoid touching your eyes, nose and mouth.

3. Avoid close contact and always cover your coughs and sneezes.

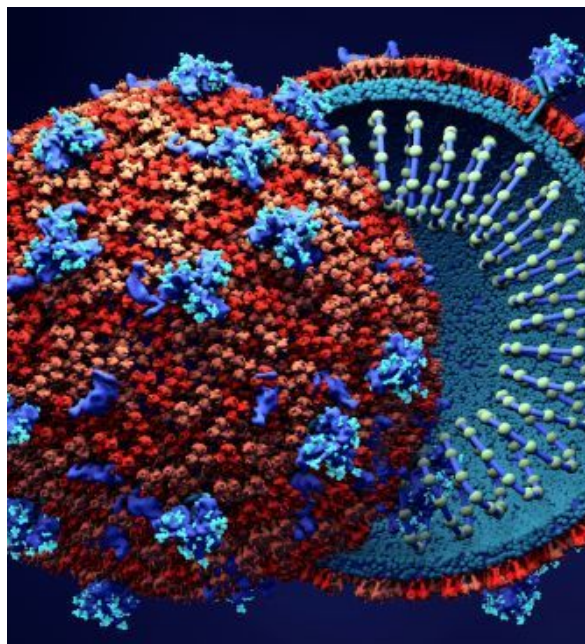
4. Clean and disinfect frequently touched surfaces, such as doorknobs, light switches, countertops, toilets, faucets, sinks phones, and keyboards, daily.

STAY HOME IF YOU ARE SICK.

Symptoms may appear 2-14 days after exposure.

**PRACTICE
SOCIAL
DISTANCING.**

**PROTECT
YOURSELF
AND
OTHERS.**



**Fever
Cough
Shortness
of Breath**

ACTIVITIES FOR YOU AND YOUR FAMILY DURING ISOLATION

- 1. Play cards or board games with your family:** Have a game night to keep things exciting and fresh.
- 2. Go for a walk:** The gym may be closed, but nature is always available. Staying active is key.
- 3. Stay in touch:** Call your friends and family near and far to check in. We will continue to check on our GMC family during this time.
- 4. Movie Night:** Pick a movie and watch it with your family.
- 5. Try new recipes:** This is the perfect time to learn new recipes and try new things with family.

MARCH

PIZZA PARTY

FIELD TRIP OF CHOICE

APRIL

EASTER PARTY

PAINTING CLASS

PIZZA PARTY

MAY

PICNIC

POTTERY

ACTIVITY DAY



SPRING FORWARD

Always pour from a full cup;
Help yourself and then others.