

August 2020

Know Your W's

The Department of Health and Human Services is asking everyone to remember these three things as we stay strong and continue to flatten the curve and slow the spread of COVID-19.

If you leave home, practice your W's:

Wear, Wait, Wash

- Wear a cloth covering over your nose and mouth.
- Wait 6 feet apart. Avoid close contact.

Monday, August 3 Breakfast Bar, Toast, & Fruit	Tuesday, August 4 Breakfast Pizza & Fruit	Wednesday, August 5 Pancakes & Fruit	Thursday, August 6 Biscuits & Gravy, Fruit	Friday, August 7 Cereal, Toast, & Fruit
Monday, August 10	Tuesday, August 11	Wednesday, August 12	Thursday, August 13	Friday, August 14
Monday, August 17	Tuesday, August 18	Wednesday, August 19	Thursday, August 20	Friday, August 21
Monday, August 24 Cheese Pizza Green Beans Garden Salad Peaches	Tuesday, August 25 Hamburger on WG Bun Oven Fries Baby Carrots Apples	Wednesday, August 26 Pork Tenderloin Mashed Potatoes & Gravy Corn Banana WG Roll	Thursday, August 27 Chicken Strips Peas Romaine Salad Pineapples	Friday, August 28 Corn Dog Potato Triangle Fresh broccoli Applesauce
Monday, August 31 Mandarin Chicken Brown Rice Asian Veggies Fresh Broccoli Mixed Fruit				

COVID-19 Health Tips



Wash hands with soap and water for 20+ seconds each time.



Avoid touching your eyes, nose and mouth with unwashed hands.



Stay home - especially when sick.



Avoid close contact with people who are ill.



Cover your mouth and nose with a tissue when you cough or sneeze.



Throw away tissues after coughing, sneezing or blowing your nose.



Clean and disinfect surfaces that are frequently touched.

