

WELCOME TO THE ADIRONDACKS!

We're glad you're here. To help keep everyone as healthy as possible, please follow these guidelines:

SOCIAL DISTANCE

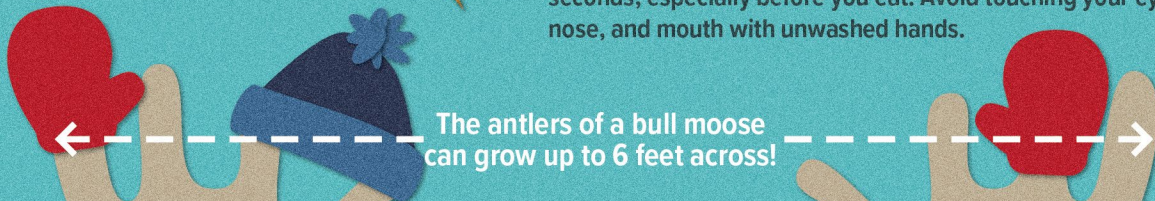
Avoid close contact with people; do not shake hands. Keep a distance of at least 6 feet from others. Please follow posted rules in businesses.

WEAR A MASK

When you can't keep a 6-foot distance, please wear a mask. This includes crowded sidewalks, stores, and tree branches.

WASH YOUR HANDS

Wash your hands often with soap and water for at least 20 seconds, especially before you eat. Avoid touching your eyes, nose, and mouth with unwashed hands.



You should try finding hats that fit!

SCAN ME!



If you start feeling ill, you otter stay home and contact Adirondack Medical Center (518-897-2462).



You might have better luck looking for water indoors this winter...



For more information, go to www.ROOSTADK.com/Updates

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