

Let's Keep the Community Well.

To help control the spread of respiratory illnesses such as **Influenza and COVID-19** we are highlighting **HAND HYGIENE** and **RESPIRATORY ETIQUETTE**.



If you may have been exposed and feel sick:

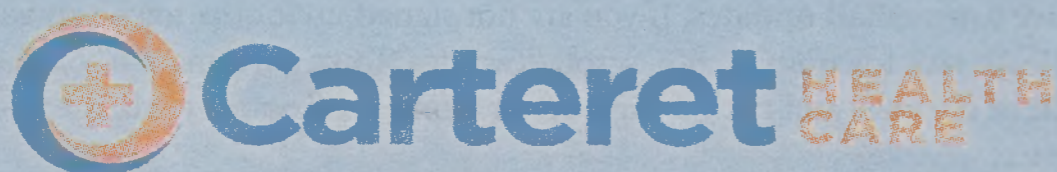
STAY HOME and avoid contact with others. Do not go to work, school or daycare, and do not travel while sick.



CALL AHEAD before going to the doctor's office, Emergency Room or Urgent Care.

Symptoms:

Fever, Cough, Difficulty Breathing, Severe Illness



Proud member of the MAYO CLINIC CARE NETWORK Member

CarteretHealth.org | 3500 Arendell Street | Morehead City, NC 28557 | (252) 499-6000

This Month's Puzzle Solutions

T	R	U	E		C	A	G	E	D		I	D	E	S		
O	U	R	S		A	G	O	N	Y		N	O	A	H		
U	N	B	E	A	R	A	B	L	E		D	O	V	E		
R	N	A		S	E	P	I	A		B	I	D	E	D		
S	Y	N	A	P	S	E		R	U	R	A	L				
				S	I	S		U	G	L	I	N	E	S		
S	T	O	I	C		O	P	I	N	E		B	O	A		
L	A	V	A		A	R	E	N	A		B	U	F	F		
E	M	U		S	L	I	N	G		A	L	G	A	E		
D	E	L	O	U	S	E	D		S	S	E					
				A	P	R	O	N		S	L	I	T	H	E	R
C	U	T	I	E		T	E	P	I	D		O	N	E		
U	R	I	A		C	A	D	A	V	E	R	O	U	S		
B	L	O	T		E	L	I	T	E		A	C	R	E		
E	S	N	E		E	S	T	E	R		W	H	E	T		

1	4	7	2	8	9	3	5	6
2	3	5	7	6	1	9	8	4
9	8	6	4	3	5	1	7	2
5	7	8	9	4	3	6	2	1
4	1	3	5	2	6	8	9	7
6	9	2	1	7	8	4	3	5
3	6	4	8	5	2	7	1	9
7	2	1	3	9	4	5	6	8
8	5	9	6	1	7	2	4	3

With the right financial advisor, life can be brilliant.

What matters most to you in life? It's a big question.

But it's just one of many questions I'll ask to better understand you, your goals and your dreams. All to help you live confidently – today and in the future.



Henry Kahen
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