

# COVID-19

## HOW TO STOP THE SPREAD



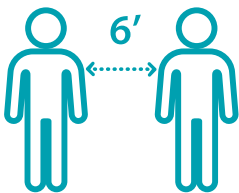
### PREVENT



**Wash** your hands often, for at least 20 seconds. Wash with soap and water or hand sanitizer if soap and water aren't available.



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



**Socially distance** at least 6 feet from other people.



**Cover** your coughs and sneezes with a tissue. Throw out the tissue and wash your hands.

### AVOID SPREAD



**Disinfect** surfaces before and after you touch or use. Use the appropriate disinfectant and allow enough contact time.



**When in public**, stay 6 feet apart from others and wear a mask over your nose and mouth.



**Stay** at home while you are sick.



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