

COVID-19

HOW TO STOP THE SPREAD



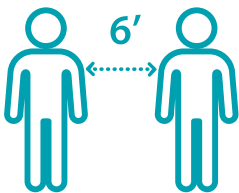
PREVENT



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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