

HELP PREVENT THE SPREAD OF COVID-19 AND RESPIRATORY VIRUSES!



WASH YOUR HANDS OFTEN AND WITH SOAP AND WATER

for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available.



STAY HOME IF YOU ARE SICK.



COVER YOUR COUGH OR SNEEZE WITH A TISSUE

then throw the tissue in the trash. Follow with hand washing or sanitizing. If you don't have tissue, cough or sneeze into your upper sleeve, not your hands.



AVOID CLOSE CONTACT

with people who are sick by remaining at least 6 feet from others.



CLEAN AND DISINFECT

frequently touched objects and surfaces, such as cell phones, keyboards and doorknobs.



AVOID TOUCHING YOUR EYES, NOSE AND MOUTH

with unwashed hands.