

PREVENTION FROM COVID-19

HELP STOP THE SPREAD OF GERMS



Wash your hands often with soap and water for at least 20 seconds.



Avoid close contact with others who are sick.



Clean and disinfect frequently touched objects and surfaces.



Avoid touching your eyes, nose, and mouth.



Cover your cough or sneeze with a tissue, your arm or clothing.



Stay home when you are sick, except to seek medical care.