Help Slow the Spread of COVID-19

WASH YOUR HANDS OFTEN

AND STAY 6 FEET APART FROM OTHERS

CLEAN AND DISINFECT FREQUENTLY TOUCHED OBJECTS AND SURFACES.

COVER YOUR COUGHS AND SNEEZES

STAY HOME IF YOU ARE SICK

WHEN IN PUBLIC, WEAR A CLOTH FACE COVERING OVER YOUR NOSE AND MOUTH.

DO NOT TOUCH YOUR EYES, NOSE, AND MOUTH

Help Slow the Spread of COVID-19
Help Slow the Spread of COVID-19

- Wash your hands often and stay 6 feet apart from others.
- Clean and disinfect frequently touched objects and surfaces.
- Cover your coughs and sneezes.
- Stay home if you are sick.

Do not touch your eyes, nose, and mouth.

Source: Adapted from Centers for Disease Control and Prevention. https://www.cdc.gov