Help Slow the Spread of COVID-19

WASH YOUR HANDS OFTEN

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

AND STAY 6 FEET APART FROM OTHERS

CLEAN AND DISINFECT FREQUENTLY TOUCHED OBJECTS AND SURFACES.

DO NOT TOUCH YOUR EYES, NOSE, AND MOUTH

COVER YOUR COUGHS AND SNEEZES

STAY HOME IF YOU ARE SICK

SOURCE: Adapted from Centers for Disease Control and Prevention. https://www.cdc.gov
Help Slow the Spread of COVID-19

- **Wash Your Hands Often**
- **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.**
- **And stay 6 feet apart from others.**