

# STOP THE SPREAD OF GERMS

## COVER COUGHS AND SNEEZES



Cover your mouth and a nose with a tissue, or use the inside of your elbow.

## WASH HANDS OFTEN



Use soap and warm water for at least 20 seconds.

## AVOID CLOSE CONTACT



The CDC recommends to keep a minimum distance of 6ft between yourself and others.

## AVOID TOUCHING YOUR FACE



Avoid touching your eyes, nose and mouth. If you do, wash your hands or use a hand sanitizer that contains at least 60% alcohol.

## CLEAN AND DISINFECT



Clean and disinfect frequently touched surfaces daily. Use detergent or soap and water prior to disinfection.

## STAY HOME IF YOU ARE SICK



Stay Home; Do Not Leave, except to get medical care. Do not visit public areas.