Stop the Spread of Germs
Help prevent the spread of respiratory diseases like COVID-19.

- Stay at least six feet (about two arms length) from other people.
- Cover your cough or sneeze with a tissue then throw the tissue in the trash and wash your hands.
- When in public, wear a cloth face covering over your nose and mouth.
- Do not touch your eyes, nose and mouth.
- Clean and disinfect frequently touched objects and surfaces.
- Stay home when you are sick except to get medical care.
- Wash your hands often with soap and water for at least 20 seconds.

Source: cdc.gov