

# STOP THE SPREAD OF GERMS

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



**AVOID CLOSE CONTACT**  
with people who are sick.

**COVER YOUR COUGH OR SNEEZE**  
with a tissue, then throw the tissue in the trash.



**Avoid touching your EYES, NOSE, AND MOUTH.**



**CLEAN AND DISINFECT**  
frequently touched objects and surfaces.

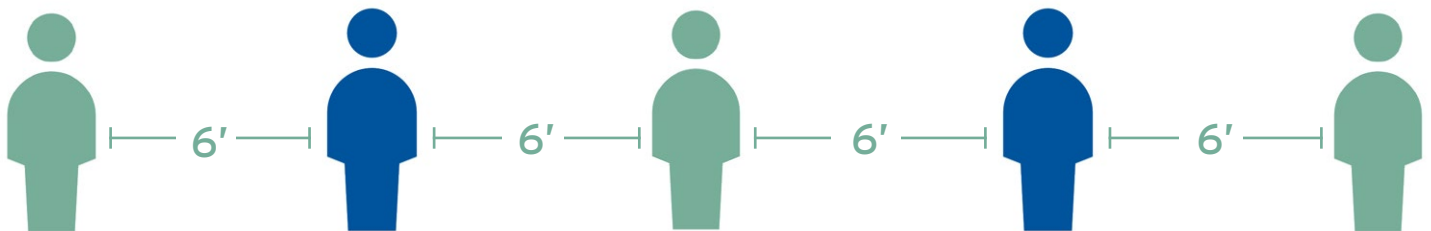


**STAY HOME** when you are sick, except to get medical care.

**WASH YOUR HANDS** often with soap and water for at least 20 seconds.



**PLEASE KEEP YOUR SOCIAL DISTANCE.**



Social distancing means keeping 6 feet apart from others.