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.

cdc.gov/COVID19