

YOU can help slow the spread

PREVENTION is KEY

WASH YOUR HANDS OFTEN

With soap & water for at least 20 seconds or use an alcohol-based hand sanitizer.



AVOID TOUCHING

your eyes, nose & mouth with unwashed hands.

STAY HOME | SOCIAL DISTANCING

If you are sick - **STAY HOME. CLEAN & DISINFECT** frequently.

Practice **SOCIAL DISTANCING**. Work from home, do not hang out with your friends, no gathering or visiting. If you have to go out in public, stay 6 ft from other people, wear a face mask.



6ft



COVER YOUR MOUTH & NOSE

with a tissue when you cough or sneeze. If you do not have a tissue, cough or sneeze into your elbow (**NOT YOUR HANDS**).