

COVID-19

Coronavirus
Disease

HELP STOP THE SPREAD

AVOID CLOSE CONTACT

Avoid close contact with sick people, and when you're sick. Maintain distance at least 6-ft



STAY HOME WHEN YOU ARE SICK

If you feel sick, go home to prevent the spread of germs, and remain at home until better



COVER YOUR MOUTH AND NOSE

Cough or sneeze into a tissue, then throw the tissue in the trash



CLEAN YOUR HANDS

Wash your hands with soap and water for 20 seconds. Or use an alcohol-based hand rub



AVOID TOUCHING, YOUR EYES, NOSE, OR MOUTH

Prevent touching something contaminated with germs, and then to eyes, nose, or mouth



PRACTICE OTHER GOOD HEALTH HABITS

Routinely clean and disinfect frequently touched objects and surfaces

- Get Sleep
- Be Physically Active
- Manage Your Stress
- Drink Plenty of Fluids
- Eat Nutritious Foods

