



PREVENT THE SPREAD OF CORONAVIRUS (COVID-19)



WASH YOUR HANDS OFTEN

Wash your hands with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer.



AVOID TOUCHING YOUR FACE

Avoid touching your nose, and mouth with unwashed hands. Avoid close contact with people who are sick.



COVER YOUR COUGH & SNEEZE

Cover your mouth and nose with a tissue or your sleeve when coughing. Do not sneeze or cough into your hands.



STAY HOME

If you are sick, stay home. Clean and disinfect frequently touched objects and surfaces.