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

- Stay home when you are sick, except to get medical care.
- Wash your hands often with soap and water for at least 20 seconds.
  (or use an alcohol-based hand sanitizer that contains at least 60% alcohol)
- When in public, wear a mask over your nose and mouth.
- Do not touch your eyes, nose, and mouth.
- Stay at least 6 feet (about 2 arms’ length) from other people.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash and wash your hands.
  (or cough or sneeze into the inside of your elbow)

Adapted from cdc.gov/coronavirus 08/06/2020
Signs and Symptoms of COVID-19

Seek immediate medical attention if you have signs or symptoms of COVID-19.

Always call before visiting your doctor or health facility.

Adopted from cdc.gov/coronavirus

How to Wash Your Hands

1. Wet your hands with clean, running water and apply soap.
2. Lather your hands by rubbing them together with soap. Lather the backs of your hands, between your fingers and under your nails.
3. Scrub your hands for approximately 20 seconds.
4. Rinse your hands under clean, running warm water.
5. Dry your hands using a clean towel or air dry them.