STOP THE SPREAD OF GERMS
EVERYDAY ACTIONS TO PREVENT THE SPREAD OF RESPIRATORY ILLNESS

Wash your hands often with soap and water for at least 20 seconds.

Avoid close contact with people who are sick.

Stay home if you are sick, except to get medical care.

Avoid touching your eyes, nose and mouth.

Cover your cough and sneeze with a tissue, then throw the tissue in the trash.

Clean and disinfect frequently touched objects and surfaces.

For more information: www.cdc.gov/COVID19