

Stay Healthy, Stay Safe



What you can do to protect yourself from COVID-19 and stop the spread of germs.

- **Wash your hands** thoroughly with soap and water **for at least 20 seconds**. Especially before eating.
- **Avoid close contact** with people who are sick and stay home if you are sick.
- **Avoid touching** your eyes, nose, and mouth.
- **Stay home** as much as possible. This includes **everyone**, even young people and those who feel well.
- If you must go out, **stay at least 6 feet away** from others.
- **You must wear a face mask or face covering in public** when social distancing (staying 6 feet apart) is not possible, especially on public transport, in stores, and on crowded sidewalks.
- **Cover your cough or sneeze** with a tissue, then throw the tissue in the trash.
- **Clean and disinfect** frequently touched objects and surfaces.