

Stop The Spread Of Germs

Help prevent the spread of respiratory diseases like COVID-19



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



Avoid touching your eyes, nose or mouth, especially with unwashed hands.



Cough and sneeze into your sleeve and not your hands.



Wave in place of a handshake.



Keep common surfaces sanitized.



Avoid close contact with people who are sick.



Stay home if you are sick to avoid spreading illness to others.