

STOP THE SPREAD OF GERMS

HELP PREVENT THE SPREAD OF RESPIRATORY DISEASES LIKE COVID-19.



**STAY AT LEAST
6 FEET APART**
(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.



WHEN IN PUBLIC,
WEAR A CLOTH FACE COVERING OVER
YOUR NOSE AND MOUTH.



DO NOT TOUCH
YOUR EYES, NOSE AND MOUTH.



CLEAN AND DISINFECT
FREQUENTLY TOUCHED OBJECTS
AND SURFACES.



STAY HOME
WHEN YOU ARE SICK, EXCEPT
TO GET MEDICAL CARE.



WASH YOUR HANDS OFTEN
WITH SOAP AND WATER FOR AT LEAST 20 SECONDS.

For more information, please visit:

[CDC.GOV/CORONAVIRUS](https://www.cdc.gov/coronavirus)

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