

Stop the Spread of COVID-19



WASH YOUR HANDS FREQUENTLY

Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water



MAINTAIN PHYSICAL DISTANCING

Maintain at least 6 feet of distance between yourself and anyone who is coughing or sneezing.



AVOID TOUCHING YOUR FACE

Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose, or mouth



IF YOU HAVE A FEVER, COUGH, AND DIFFICULTY BREATHING, SEEK MEDICAL CARE EARLY

Stay home if you feel unwell. If you have a fever, cough, and difficulty breathing, seek medical attention and call in advance.