CVID CORONAVIRUS 19 DISEASE 19 STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.



Avoid touching your eyes, nose, and mouth.

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

Clean and disinfect frequently touched objects and surfaces.

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

For more information: www.cdc.gov/COVID19