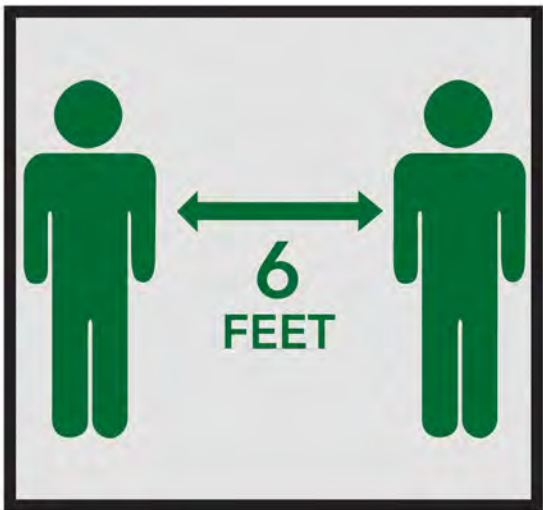


# HELP PREVENT THE SPREAD OF COVID-19



**STAY AT LEAST 6 FEET**  
(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.

**Source:** Center for Disease Control and Prevention. 2020. Stop the Spread of Germs.  
[cdc.gov/coronavirus/2019-ncov/downloads/stop-the-spread-of-germs-11x17-en.pdf](https://www.cdc.gov/coronavirus/2019-ncov/downloads/stop-the-spread-of-germs-11x17-en.pdf)



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