STOP THE SPREAD OF GERMS

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

- **6 ft**
  - 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.