

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