STOP
THE SPREAD OF GERMS

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.

Clean and disinfect frequently touched objects and surfaces.

Do not touch your eyes, nose, and mouth.

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

Stay home when you are sick, except to get medical care.

Source: Center for Disease Control and Prevention 2020