

COVID-19 Preventions

Protect Yourself and Others



Wash your hands often



Use Alcohol-Based Hand Sanitizer



Wear a surgical mask if you are sick



Cover coughs and sneezes



Use shirt arm when cough if don't have tissue paper



Avoid close contact with people who are sick



Avoid touch eyes, nose or mouth with unwashed hands



Stay home if you're sick



Avoid many people



Clean and disinfect



Discard the used tissue paper

