You can help stop the spread

Avoid close contact
- Maintain a distance of 6 feet from others.
- Wear a cloth mask if 6 feet distance cannot be maintained.

Avoid touching your eyes, nose and mouth

Cover coughs and sneezes
- Cover your cough or sneeze with a tissue or the inside of your elbow.

Clean and disinfect
- Clean and disinfect frequently touched surfaces daily, including door knobs, tables, light switches, countertops, handles, desks, phones, keyboards, etc.

Wash your hands often
- Wash your hands with soap and water for at least 20 seconds.
- Use hand sanitizer containing 60% alcohol if soap and water are not readily available.

Stay home if you feel sick

Montana State University Billings