

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