

# HELP PREVENT DISEASE



## **Cover Coughs and Sneezes**

with a bent elbow or tissue



## **Wash Hands Often**

with soap and water for 20 seconds



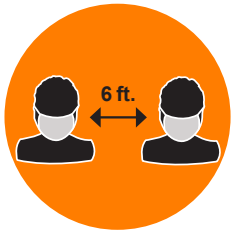
## **Do NOT Touch Your Face**

with unwashed hands



## **Clean surfaces**

commonly touched areas



## **Wear a face covering**

and maintain 6 ft. of distance in public



## **Stay Home When Sick**

and avoid close contact with people who are sick

