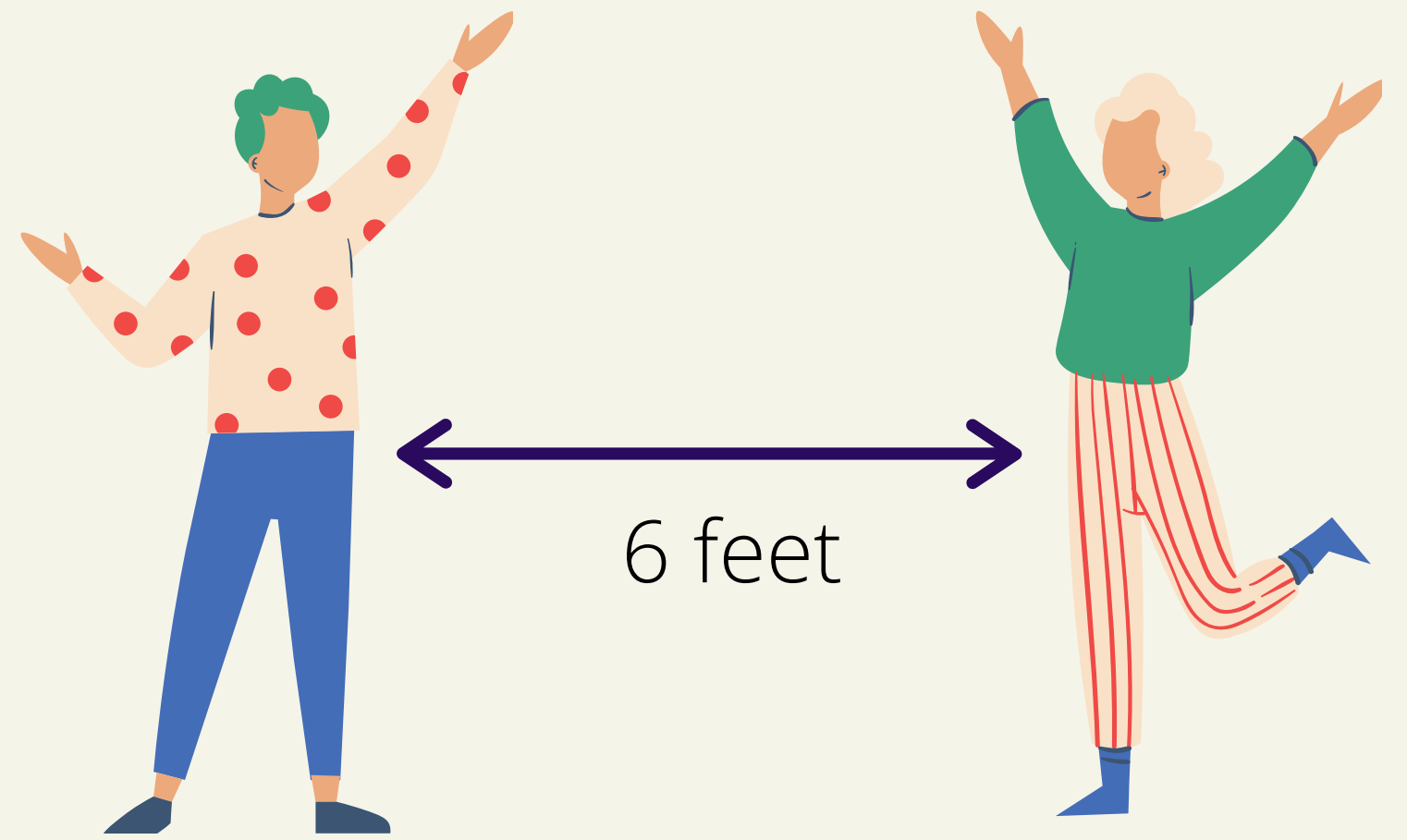


Stopping the spread of COVID -19



WASH YOUR HANDS

Wash your hands often with soap and water for at least **20 seconds** especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.



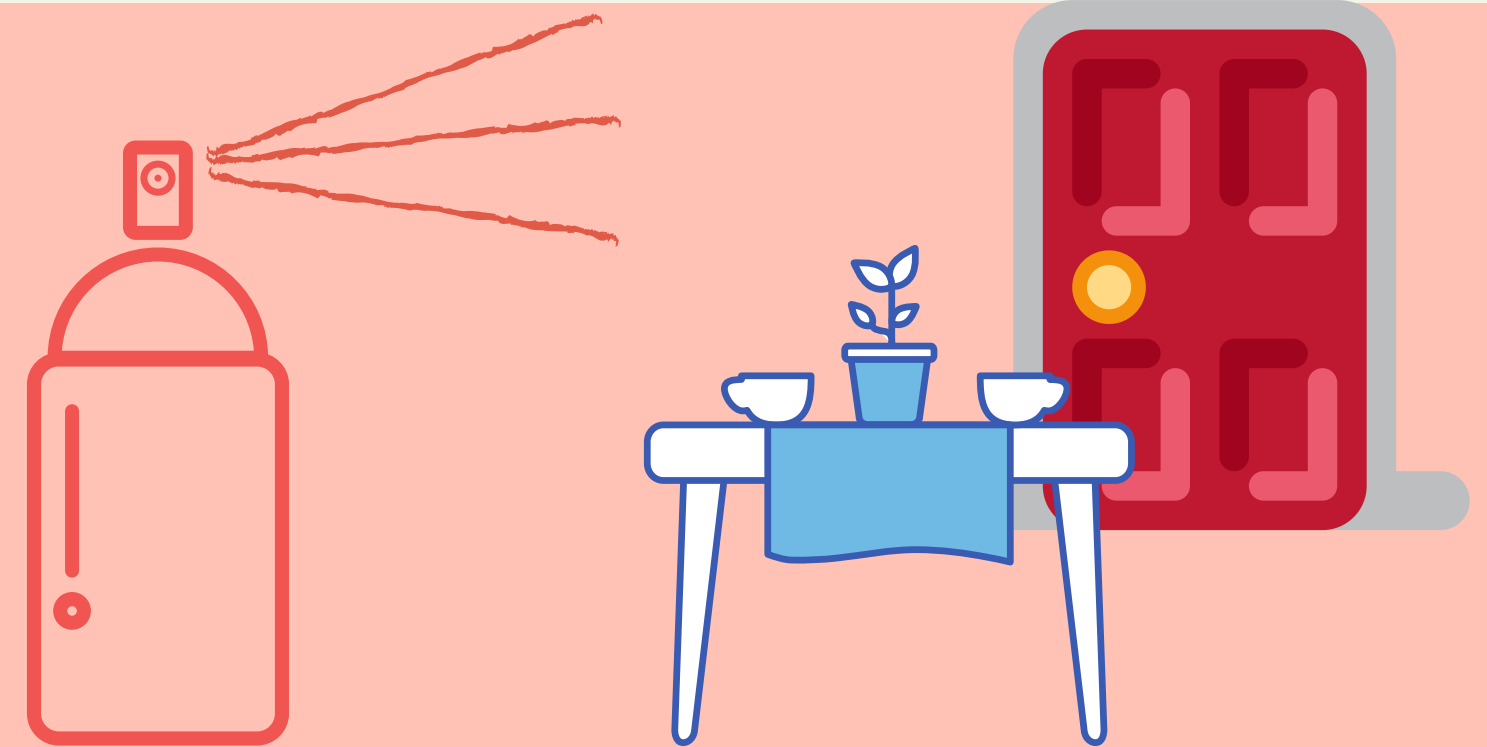
PRACTICE SOCIAL DISTANCING

Stay at least **6 feet** away from others. Avoid large crowds as much as possible.



AVOID TOUCHING YOUR FACE

Individuals can also be infected from touching surfaces contaminated with the virus and then touching their face (e.g., eyes, nose, mouth).



FREQUENTLY DISINFECT HIGH TOUCH SURFACES

Frequently clean areas like **door knobs, table tops, and railings.**

The COVID-19 virus may survive on surfaces for several hours, but **simple disinfectants can kill it.**