

STOP THE SPREAD!



W

WASH YOUR HANDS FREQUENTLY

at least 20 seconds. Use alcohol-based sanitizer if soap and water are not available.



A

AVOID TOUCHING YOUR FACE

Germs can transfer from your hands to your eyes, nose, and mouth. Don't do it.



S

SURFACE CLEANING, DISINFECTION

Clean and disinfect high-touch surfaces with an EPA registered disinfectant effective against the virus.



H

HYGIENE PRACTICES

Cover your nose and mouth with a tissue or bent elbow when coughing or sneezing.