7 ways to prevent the spread of COVID-19

- Stay away from people who are sick. (at least 6 feet away)
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash. If you don’t have a tissue, cough or sneeze into your elbow.
- Do not touch your eyes, nose and mouth.
- Clean and sanitize those things you often touch.
- Stay home when you are sick, except to get medical care.
- Wash your hands often with soap and water for at least 20 seconds. Use hand sanitizer if soap and water is not available.
- Wear a mask or cloth face covering when you’re around others who don’t live in your home.

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