

7 ways

to stop the spread of COVID-19



Atrium Health
Levine Children's



Stay away from people who are sick.
Keep 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.