



HELP PREVENT THE SPREAD OF ILLNESS

2019 NOVEL CORONAVIRUS (COVID-19)



Wash your hands often for at least 20 seconds, especially after going to the bathroom, before eating, and after blowing your nose



Avoid close contact with people who are sick, and stay home when you are sick



Avoid touching your eyes, nose, and mouth



Cover your cough or sneeze with a tissue



Disinfect objects and surfaces using a regular household cleaning spray or wipes



Do not wear a face mask if you are healthy; wear a mask only if you have symptoms or are caring for those with symptoms

For more information please visit,
www.cdc.gov/covid19