STOP the spread of GERMS

Help prevent the spread of respiratory diseases like COVID-19.

**AVOID** close contact with people who are sick.

**COVER** your cough or sneeze with a tissue, then throw the tissue in the trash.

**AVOID** touching your eyes, nose and mouth.

**WHEN IN PUBLIC,** wear a cloth face covering over your nose and mouth.

**CLEAN** and **DISINFECT** frequently touched objects and surfaces.

Stay home when you are sick, **EXCEPT** to get medical care.

Wash your hands often with soap and water for at least **20 SECONDS**.