

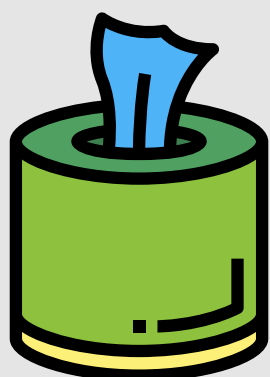
# CORONAVIRUS (COVID-19)

Protect Yourself and Others



1

**AVOID CLOSE CONTACT WITH PEOPLE WHO ARE SICK**



2

**COVER YOUR COUGH**

Cover your cough or sneeze into your elbow or with a tissue then throw the tissue in the trash - and wash your hands



3

**CLEAN SURFACES**

Clean and disinfect frequently touched objects and surfaces.



4

**NO NEED FOR MASKS IF YOU ARE WELL**

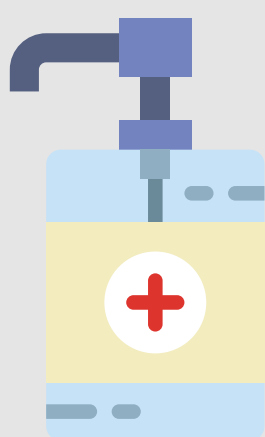
CDC does NOT recommend that people who are well wear a face mask to protect themselves. Face masks should be used by people who show symptoms and for those caring for someone with the disease.



5

**WASH YOUR HANDS**

Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; after blowing your nose, coughing, or sneezing.



6

**HAND SANITIZER**

If soap and water are not readily available, use an alcohol based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if visibly dirty