

## Coronavirus Disease (COVID-19)

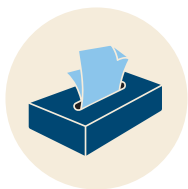
# Protect Yourself, Protect Your Family and Community



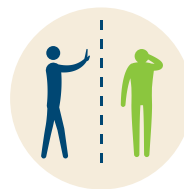
**Wash your hands often for 20 seconds or use hand sanitizer with at least 60% alcohol.**



**Stay home when you are sick.**



**Cover your cough or sneeze with a tissue. Throw tissue in the garbage.**



**Don't be in close contact with sick people. That means within 6 feet.**



**Don't touch your eyes, nose, or mouth.**



**Clean and disinfect high-touch surfaces using your regular cleaning products or wipes.**

The Centers for Disease Control and Prevention has a lot of details on the best way to keep yourself safe from COVID-19. For more information, visit their website at: <https://www.cdc.gov/coronavirus/2019-ncov/about/index.html>