

# PROTECT YOURSELF AGAINST CORONAVIRUS

**1**

Wash your hands often with soap and water for at least 20 seconds. If soap and water is not available, use alcohol-based hand sanitizer.

**2**

Avoid touching your eyes, nose, and mouth with unwashed hands.

**3**

Cover your cough and sneeze.

**4**

Avoid close contact with people who are sick.

**5**

Clean and disinfect frequently touched objects and surfaces.

**6**

Stay home when you are sick.

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