

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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