



# STOP THE SPREAD OF GERMS

- **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.**
- **Avoid touching your eyes, nose, and mouth with unwashed hands.**
- **Cover your cough and sneeze**
- **Avoid close contact with people who are sick.**
- **Clean and disinfect frequently touched objects and surfaces.**