## CVID CORONAVIRUS 19 DISEASE 19 STOP THE SPREAD OF GERMS

## Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.



Avoid touching your eyes, nose, and mouth.

Stay home when you are sick, except to get medical care.

Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

Clean and disinfect frequently touched objects and surfaces.

Wash your hands often with soap and water for at least 20 seconds.



For more information: www.cdc.gov/COVID19