

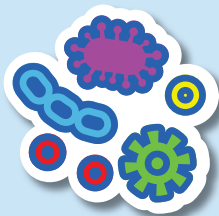
6 Steps you can take to help prevent the spread of the Coronavirus Disease 2019 (COVID-19)

ISOLATE



Stay home if you are sick. If you have children who are experiencing symptoms, keep them home from school. If you need to stay home, ask your employer about a work-from-home option.

AVOID



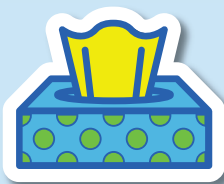
Avoid close contact with people who are sick.

REFRAIN



Refrain from touching your eyes, nose and mouth.

COVER



Cover your cough or sneeze with a tissue, and then throw the tissue in the trash. If a tissue is not available, sneeze into your elbow.

WIPE



Clean and disinfect frequently touched objects using a sanitizing wipe or spray. Don't forget your cell phone!

WASH



Wash your hands often with soap and water for at least 20 seconds. Think "Happy Birthday" sung twice.

Content sourced from www.cdc.gov & www.who.int



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