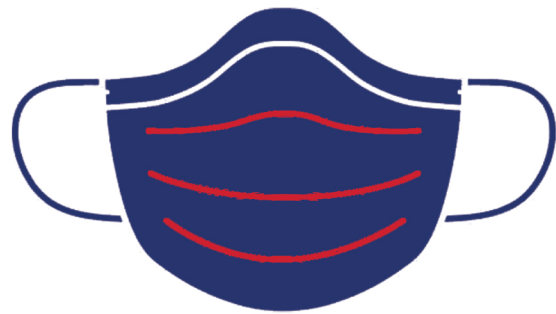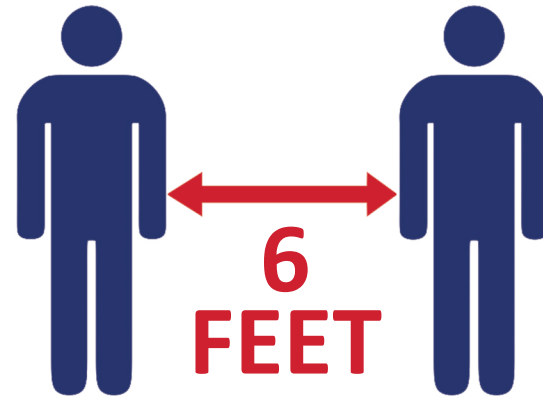# HELP STOP THE SPREAD

WEAR A CLOTH FACE MASK
or covering over your nose and mouth in public.

OBSERVE SOCIAL DISTANCING
by staying at least six feet from others.

6 FEET

WASH YOUR HANDS OFTEN
with soap and water for at least 20 seconds.

STAY HOME WHEN SICK
except to seek medical care.

COVER COUGHS OR SNEEZES
with a tissue, then discard and wash hands.

KNOW THE "TOUCH" RULES:
Do not touch any part of your face. Keep frequently touched objects and surfaces clean.

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