

STOP THE SPREAD OF GERMS

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



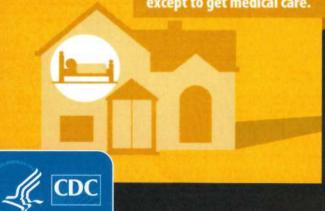
Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.

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