

PREVENTIVE MEASURES

HOW TO HELP PREVENT THE SPREAD OF COVID-19



WASH HANDS

Wash hands frequently with soap and water OR use a >60% alcohol-based hand rub.



SOCIAL DISTANCE

Maintain a physical distance of 2 meters (6 feet) from those around you.



CLEAN & DISINFECT

Clean and disinfect frequently touched surfaces.



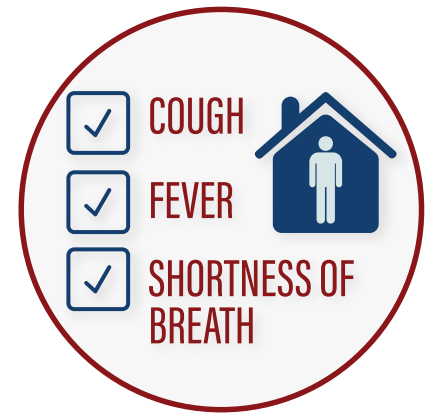
WEAR A MASK

Wear a mask when you go out to prevent the spread of illness.



DON'T TOUCH FACE

Avoid touching face, nose, eyes, and mouth.



STAY HOME

Stay home if you are feeling sick or have any symptoms. Primary symptoms of COVID-19 are: cough, fever, and/or shortness of breath.