EVERYDAY TIPS FOR COVID-19 PREVENTION

- Wash your hands with soap and water or alcohol-based hand sanitizer for at least 20 seconds.
- Stay at home if you are sick, except to get medical care.
- Avoid touching your eyes, nose and mouth, especially with unwashed hands.
- Cover your cough or sneeze with a tissue then throw that tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.
- Avoid close contact with people who are sick.