

# STOP THE SPREAD OF GERMS

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

Steps to prevent illness from the Centers for Disease Control and Prevention.

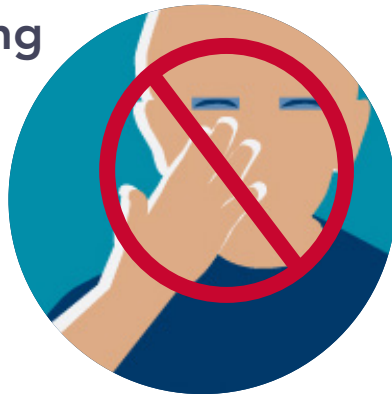
Avoid close contact with people who are sick. Stay home when you are sick, except to get medical care.



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.



When in public, wear a cloth face covering over your nose and mouth.



Wash your hands often with soap and water for at least 20 seconds.



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For more information: [www.cdc.gov/COVID19](http://www.cdc.gov/COVID19)