Protect yourself from COVID-19 and stop the spread of germs.

Simple steps help stop the spread of COVID-19 and other viruses:

- **Wash your hands** often with soap and water for at least 20 seconds, especially before eating.

- **Avoid close contact** with people who are sick.

- **Avoid touching** your eyes, nose and mouth.

- **Stay home** when you are sick.

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

- **Clean and disinfect** frequently touched objects and surfaces.

As sneezing droplets can travel upwards of six feet, it is more important than ever for people to maintain safe social distancing to mitigate the potential spread of the Coronavirus.

By practicing social distancing of six feet or more, we can help keep ourselves and our loved ones safe.

Always remember to wash your hands and reduce time spent in public places!