STOP THE SPREAD OF GERMS

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

- Stay at least 6 ft. from other people.
- Cover your cough or sneeze with a tissue, then discard tissue and wash hands.
- Wear a cloth face covering over your nose and mouth.
- Do not touch your eyes, nose and mouth.
- Clean and disinfect frequently touched objects and surfaces.
- Stay home when you are sick, except to get medical care.
- Wash your hands often with soap and water for at least 20 seconds.

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