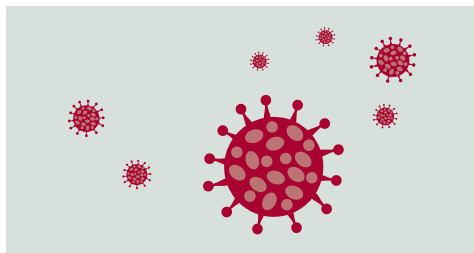


Protect Yourself from COVID-19



How the Virus Spreads

COVID-19 is thought to spread via respiratory droplet transmission. It can transmit when an infected person coughs, sneezes, or talks.



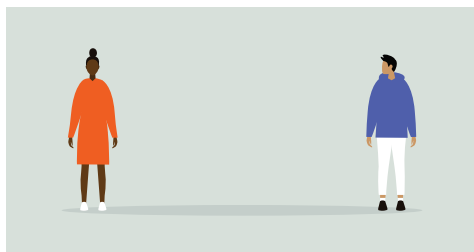
Wash Your Hands!

Lather up with soap and warm, running water. Be sure to scrub for 20 seconds, then rinse.



Cover When You Cough or Sneeze

Cover your mouth and nose with a disposable tissue when you cough or sneeze, throw it in the trash and wash your hands.



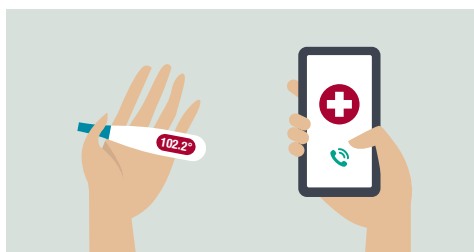
Physical Distance

Stay away from large public gatherings. When you do need to be around others, ensure a safe distance of at least 6 feet.



Wear A Mask

Wearing a surgical or cloth mask which is composed of at least three layers is one of the most effective ways to prevent the spread of COVID-19. Ensure that it covers both your mouth and nose.



Seek Medical Help

If you feel sick with fever, cough or have difficulty breathing, contact your primary care provider, who will assess your symptoms and exposure to determine if a COVID-19 test is appropriate. If you are having a medical emergency, seek emergency care.