# STOP THE SPREAD

## IF YOU'RE SAFE WE'RE SAFE, TOO

### **FOLLOW THE GUIDELINES**

#### WASH HANDS OFTEN



Wash
your hands
with
soap and water
for
at least
20 seconds
or use
alcohol-based
hand
sanitizer.

#### SOCIAL DISTANCING



Please adhere to Social Distancing Guidelines and stay at least 6' away.

#### COVER YOUR COUGH OR SNEEZE



Cover your mouth & nose with a tissue or sleeve. Do not sneeze or cough into your hand.



Avoid touching your eyes, nose, mouth with unwashed hands.

Avoid close contact with people who are sick.

#### STAY HOME



If you are sick, stay home. Clean and disinfect commonly touched items and surfaces.