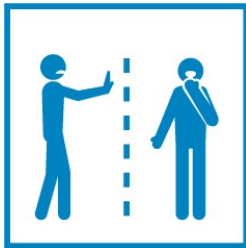


# Stay Safe!

## Protect yourself against the coronavirus and COVID-19 (plus colds and flu too!)



Stay at least six feet away from people who are sick



Avoid touching your eyes, nose, and mouth



Stay home if you are sick



If you cough or sneeze, cover your mouth/nose with a tissue, then toss the tissue in the trash



Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe



Wash your hands often with soap and water for at least 20 seconds after going to the bathroom, before eating, after blowing your nose, and after coughing or sneezing

 If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.

## Should I Wear a Facemask?

It's best to follow the CDC's recommendations for using a facemask:

- If you're not sick, the CDC does not recommend wearing a facemask to protect yourself from respiratory diseases, including COVID-19.
- If you have symptoms of COVID-19, you should wear a facemask to help prevent spreading the disease to others.
- If you're a health care worker or are taking care of someone who has COVID-19, you should wear a facemask to protect yourself.

