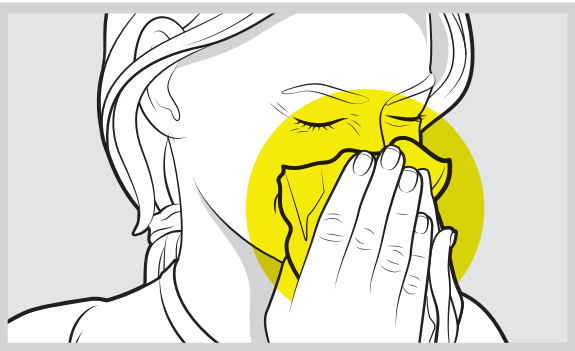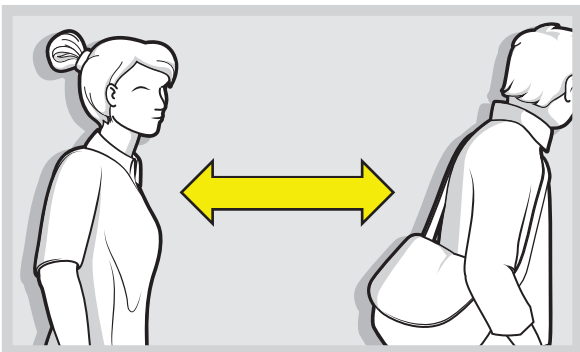# COVID-19 Prevention

Wash your hands often with soap and water for at least 20 seconds, or use disinfectant.
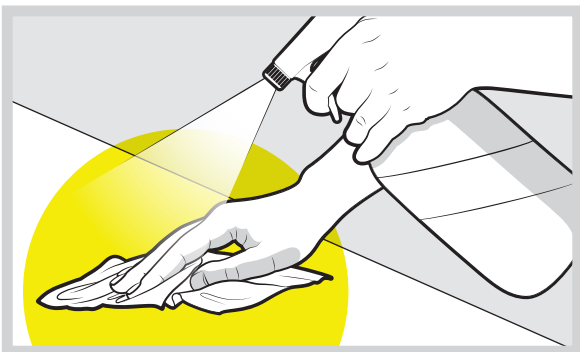
Avoid touching your eyes, nose, and mouth with unwashed hands.

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

Avoid close contact with people who are sick.
Keep a safe distance.

Clean and disinfect frequently touched objects and surfaces.

Stay home when you are sick, except to get medical care.

If you suspect you have Coronavirus:
please return home immediately to self-isolate and consult with your local government and/or public health authority for further assistance.