PROTECT YOURSELF & OTHERS — FROM COVID-19





Practice social distancing - 6 feet apart.



Wear a cloth face mask when around others.



Cover your coughs and sneezes - use your elbow if you don't have a tissue.



Wash your hands - 20 seconds with soap and water.



Avoid shaking hands.



Stay home when you're sick - even if your symptoms are mild.

Learn more at cdc.gov/covid-19.

UtahStateUniversity.