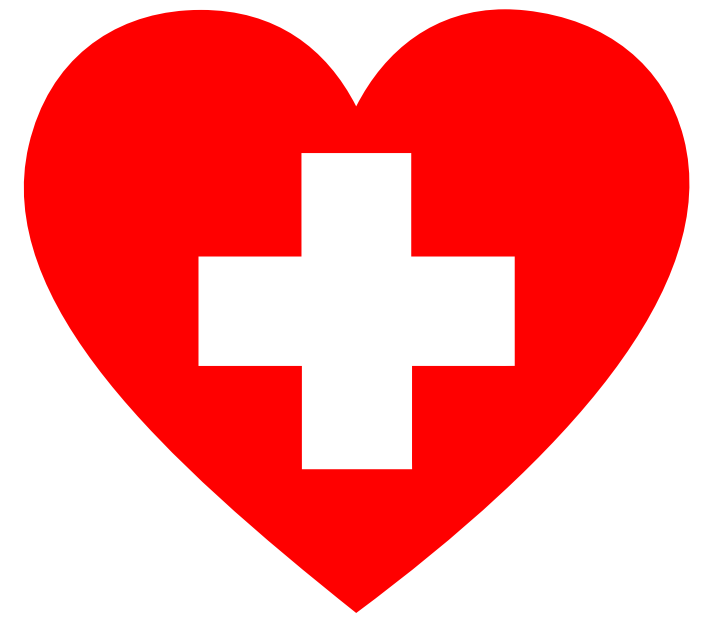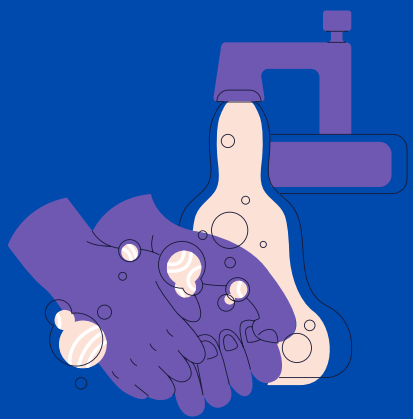# How To Stop The Spread Of Covid-19

Stay at home

Don't touch your face

Wash your hands frequently and thoroughly

Cough or sneeze into your elbow

Practice Social Distancing!!!

Remember, Social Distancing Isn't Social Isolation!

- Keep in contact with your friends and family

- Help frontline workers and your community by volunteering or starting your own organization

- Be kind to people! Everyone is going through these tough times, and the simple gesture of being kind is enough to make someone's day