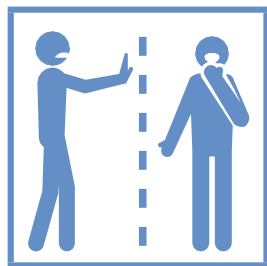


# Protect yourself from COVID-19 and stop the spread of germs

## Simple steps help stop the spread of COVID-19 and other viruses:



**Wash your hands** often with soap and water for at least **20 seconds**, especially before eating.



**Avoid close contact** with people who are sick by always practicing social distancing (6').



**Avoid touching** your eyes, nose, and mouth.



**Stay home** when you are sick.



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



**Clean and disinfect** frequently touched objects and surfaces.

Stay up to date by visiting  
[www.ny.gov/coronavirus](http://www.ny.gov/coronavirus)



Department  
of Health