PREVENTIVE MEASURES
HOW TO HELP PREVENT THE SPREAD OF COVID-19

WASH HANDS
Wash hands frequently with soap and water OR use a >60% alcohol-based hand rub.

SOCIAL DISTANCE
Maintain a physical distance of 2 meters (6 feet) from those around you.

CLEAN & DISINFECT
Clean and disinfect frequently touched surfaces.

WEAR A MASK
Wear a mask when you go out to prevent the spread of illness.

DON’T TOUCH FACE
Avoid touching face, nose, eyes, and mouth.

STAY HOME
Stay home if you are feeling sick or have any symptoms. Primary symptoms of COVID-19 are: cough, fever, and/or shortness of breath.