

# STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

**Avoid large gatherings and people who are sick.**



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



**Wash your hands often with soap and water for at least 20 seconds.**



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



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



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

