

# STOP THE SPREAD OF GERMS

HELP PREVENT THE SPREAD OF RESPIRATORY DISEASES LIKE COVID-19.



**STAY AT LEAST 6 FEET APART**  
(ABOUT 2 ARMS' LENGTH)  
FROM OTHER PEOPLE.



**COVER YOUR COUGH OR SNEEZE**  
WITH A TISSUE, THEN THROW THE  
TISSUE IN THE TRASH AND WASH  
YOUR HANDS.



**WHEN IN PUBLIC,**  
WEAR A CLOTH FACE COVERING OVER  
YOUR NOSE AND MOUTH.



**DO NOT TOUCH**  
YOUR EYES, NOSE AND MOUTH.



**CLEAN AND DISINFECT**  
FREQUENTLY TOUCHED OBJECTS  
AND SURFACES.



**STAY HOME**  
WHEN YOU ARE SICK, EXCEPT  
TO GET MEDICAL CARE.



**WASH YOUR HANDS OFTEN**  
WITH SOAP AND WATER FOR AT LEAST 20 SECONDS.

For more information, please visit:

[CDC.GOV/CORONAVIRUS](https://www.cdc.gov/coronavirus)



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