PROTECT YOURSELF AND OTHERS FROM
coronavirus disease 2019 (COVID-19)

KEEP YOURSELF SAFE:

Wash your hands often. Scrub with soap and water for 20 seconds or rub your hands with an alcohol-based hand sanitizer for 15 seconds.

Don't touch your face. Especially avoid contact with your eyes, nose and mouth.

Practice social distancing whenever possible. This means avoiding close contact with others.

KEEP OTHERS SAFE:

Stay home if you are sick.

Cover your cough or sneeze with a tissue. Dispose of the tissue immediately afterward. Use your shirt sleeve, not your hands, if no tissue is available.

Disinfect frequently touched surfaces. Think phones, doorknobs, elevator buttons, light switches, countertops, handles, desks, keyboards, toilets, faucets, sinks and more.

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