

PROTECT YOURSELF FROM COVID-19

Keep yourself and others healthy during the COVID-19 pandemic

GET VACCINATED!

COVID-19 vaccines are free. They will protect you and your family from serious illness and death.

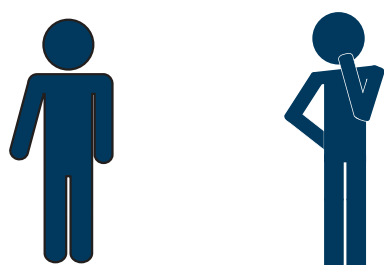
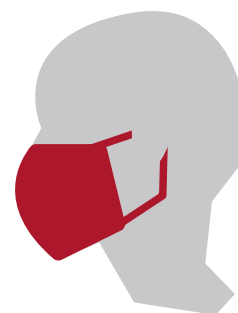


WASH YOUR HANDS

Wash your hands with soap and water for at least 20 seconds. If this isn't possible, then use hand sanitizer that contains at least 60% alcohol. Avoid touching your face if you haven't washed your hands!

COVER YOUR MOUTH AND NOSE WITH A MASK

Everyone should wear a mask when around other people in public settings. You can still spread COVID-19 to other people even if you're not sick.



KEEP YOUR DISTANCE

Avoid close contact with anyone who is sick and avoid crowds if COVID-19 is spreading in your community. Stay at least 6 feet away from other people.

COVER A COUGH/SNEEZE

Cover coughs and sneezes with a tissue and immediately throw the tissue away and wash your hands. If a tissue isn't available use the inside of your elbow.



STAY HOME IF YOU'RE SICK

Stay home if you're sick to prevent it from spreading to others, unless you need medical attention.

CLEAN AND DISINFECT

High touch surfaces should be disinfected and cleaned frequently. Examples of high touch surfaces include doorknobs, light switches and phones.



Source:

CDC - https://www.cdc.gov/coronavirus/2019-ncov/about/prevention.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Fprevention-treatment.html



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