

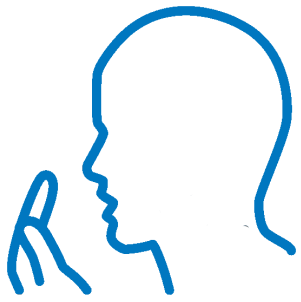
# Stop the Spread of Germs

## COVID-19 Standard Precautions



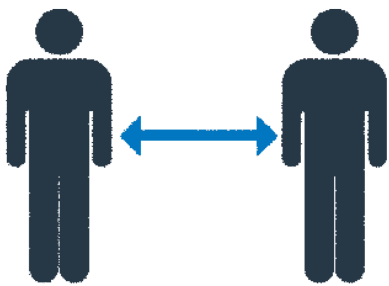
Clean your hands often for at least 20 seconds with soap and water and/or alcohol-based hand sanitizer.

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Avoid touching your eyes, nose and mouth with unwashed hands.

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Avoid close contact, putting approximately 2 arms lengths distance between yourself and other people.

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

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Cough or sneeze into a tissue or the bend of your arm, not your hands.

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Clean and disinfect frequently touched surfaces.

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