**COVID-19 PREVENTION**

- Wash your hands often with soap and water for at least 20 seconds.
- Avoid touching your eyes, nose, and mouth.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

**COVID-19 SOCIAL DISTANCING**

- Stay home and avoid contact with others. Do not go to work or school and avoid all non-essential outings.
- Do not take public transportation, taxis, or ride-shares.
- Avoid crowded places (such as shopping centers and movie theaters) and limit activities in public.
- Keep your distance from others (about 6 feet or 2 meters).