

Help protect yourself and others from Coronavirus (COVID-19) by following these 5-simple steps.

1. WASH YOUR HANDS FREQUENTLY

With warm water and soap for at least 20-seconds and use hand sanitizer often when in public

2. KEEP HANDS AWAY

From you mouth, nose or eyes to avoid transferring germs.

3. CLEAN and DISINFECT

Frequently used surfaces like counters, light switches, doorknobs, and remotes.

4. COVER COUGHS & SNEEZES

With a tissue, throw tissue away and wash your hands.

5. FEEL SICK – STAY HOME

From work, school or other activities and avoid close contact with others.



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