

Health Tips to Prevent Germs



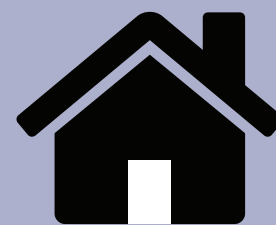
Avoid close contact with people who are sick.



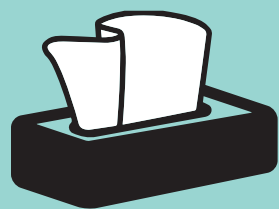
Clean and disinfect frequently touched objects and surfaces.



Avoid touching your eyes, nose, and mouth.



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



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Wash your hands often with soap and water for at least 20 seconds.

Help prevent the spread of respiratory diseases like COVID-19.

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