

PROTECT YOURSELF FROM COVID-19 IN 3 SIMPLE STEPS



Public Health
Prevent. Promote. Protect.

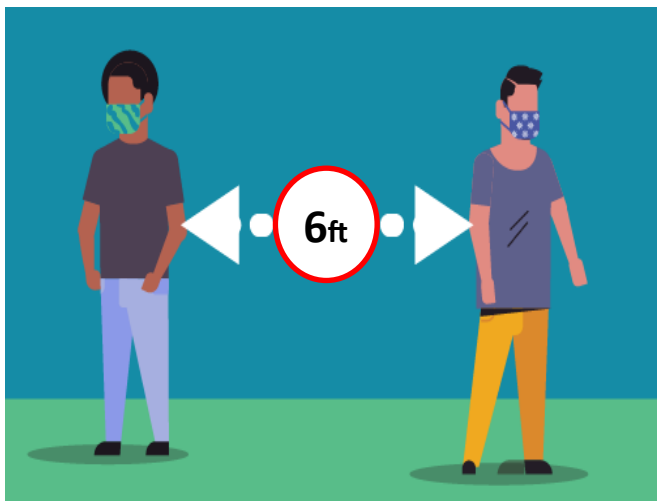


FACE COVERING

- Wear a mask or other cloth face cover whenever you are out in public.
- Make sure it covers your nose, mouth and chin.
- The face covering is meant to protect others.
- Children under the age of 2 and those with breathing difficulty should not wear a face covering.

CLEAN / DISINFECT

- Wash your hands often with soap and water for at least 20 seconds each time.
- Use hand sanitizer if soap and water are not available.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Clean frequently touched surfaces daily.
- Disinfect with an EPA-registered household disinfectant.



PHYSICAL DISTANCE

- Keep at least 6 feet between yourself and others outside your home, even when wearing a face covering.
- Do not gather in groups.
- Stay out of crowded areas.
- Work from home when possible.
- Opt for digital/distance learning or meeting.