



### wear a mask

Wear a face covering when you are in public spaces.



### scrub up

Wash or sanitize your hands for at least 20 seconds.



### make space

Keep your distance from others, at least 6 feet.



AN AFFILIATE OF UCHealth

# CARE FOR YOUR NEIGH- BOR

ALBANY COUNTY



PUBLIC HEALTH



### limit groups

Enjoy time with those in your household, but avoid gatherings.



### stay home

Stay home and isolate from others when you are sick.