

# stop the spread.

**COVID**  
CORONAVIRUS  
DISEASE **19**

Help stop the spread of germs and respiratory diseases like COVID-19.



**avoid...**  
close contact with people who are sick.



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




**avoid...**  
touching your eyes, nose, and mouth.



**clean...**  
and disinfect frequently touched objects and surfaces.



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



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

## inform.

Let your provider know of all recent travel and any symptoms you are feeling.

## protect.

If you have a cough or illness, please help protect others by wearing a **facemask**.

