

# STOP THE SPREAD OF GERMS

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

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



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



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



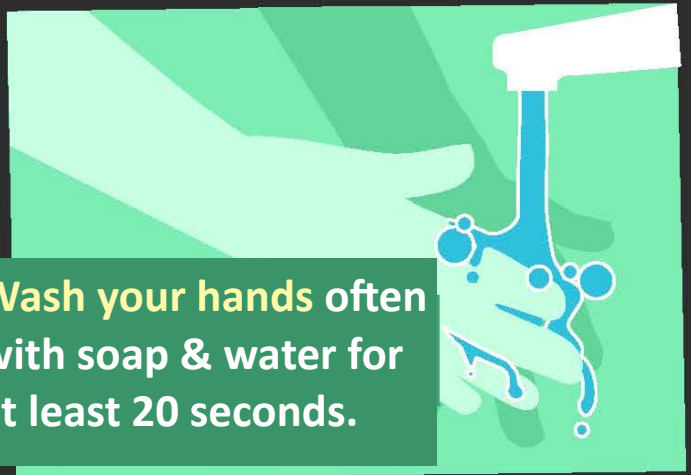
**Avoid touching your eyes, nose and mouth**



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



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



For more information: [www.cdc.gov/COVID19](http://www.cdc.gov/COVID19)