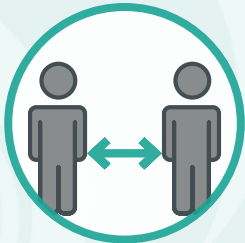


# HOW CAN I PROTECT MYSELF FROM COVID-19?

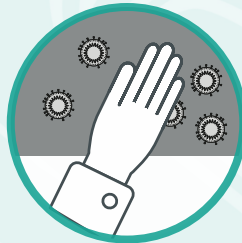
There are everyday preventative steps you can take to help reduce the spread of the Coronavirus (COVID-19).



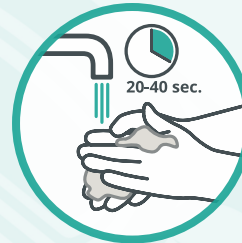
Stay 6 feet  
apart in public



Avoid direct  
contact with  
others



Avoid direct  
contact with  
surfaces



Wash hands  
with soap and  
water



Use hand  
sanitizer



Avoid non-  
essential travel



Stay home  
if you feel  
unwell



Cover your  
coughs and  
sneezes



Wear a face  
covering when  
in public



Work from  
home if  
possible

## #PreventionFirst

## #StoptheSpread