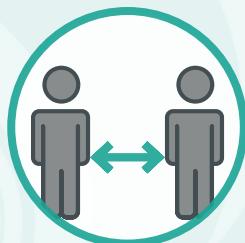


HOW CAN I PROTECT MYSELF FROM COVID-19?

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