

# HOW CAN I PROTECT MYSELF FROM COVID-19?

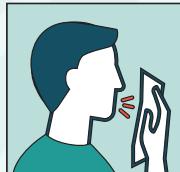
There are everyday preventative steps you can take to help reduce the spread of the Coronavirus (COVID-19) and protect yourself, your family and community.

## PREVENTION STARTS AT HOME



### AVOID

Close contact with people. Maintain a distance of six (6) feet from others.



### COVER

Your cough or sneeze with a tissue and wear a face mask when in public.



### AVOID

Touching your face, especially your eyes, nose and mouth.



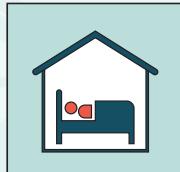
### CLEAN

And disinfect frequently touched objects and surfaces.



### WASH

Your hands often and for 20 seconds with soap & water.



### STAY HOME

to help reduce the spread of COVID-19 and keep you and your family safe.

#BeSafe

#KeepItClean

#StayHome