

# HOW TO PROTECT YOURSELF & OTHERS WHILE TRAVELING

## According to the CDC:

- Clean your hands often. Wash your hands with soap & water for at least 20 seconds. Bring & use hand sanitizer that contains at least 60% alcohol.
- Avoid touching your eyes, nose, or mouth.
- Avoid close contact. Keep 6 feet of physical distance from others.
- Wear a cloth face covering in public.
- Cover coughs and sneezes.
- Pick up food at drive-throughs, curbside restaurant service, or stores.

