

# HOW CAN I PROTECT MYSELF FROM COVID-19?

## PRACTICE GOOD HEALTH HABITS



WASH YOUR  
HANDS OFTEN



COVER COUGHS  
+ SNEEZES



DON'T TOUCH  
EYES/NOSE/MOUTH



CLEAN SURFACES  
FREQUENTLY



STAY HOME  
WHEN SICK



AVOID SICK  
PEOPLE

**PREVENTION IS PRIORITY**

**Let's ALL Do Our Part!!**