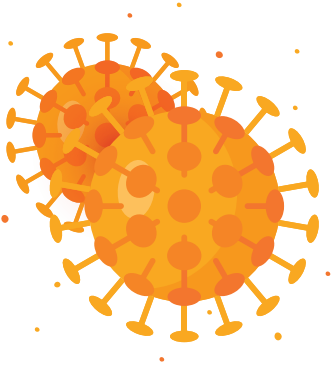


Coronavirus (COVID-19)



Protect yourself and others

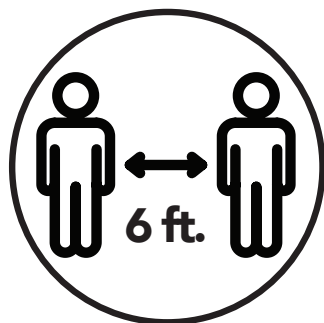
These everyday habits can help prevent the spread of coronavirus (COVID-19) and other respiratory infections.



- Wash your hands often with soap and water for at least 20 seconds or use alcohol-based hand sanitizer.



- Wear a mask or cloth face covering in public settings, especially when social distancing is difficult to maintain.



- Practice social distancing by staying at least 6 feet from other people.



- Clean all "high-touch" surfaces using a regular household cleaning spray or wipe.



- Avoid touching your eyes, nose, and mouth.



- Avoid close contact with people who are sick and stay home if you're feeling ill.