

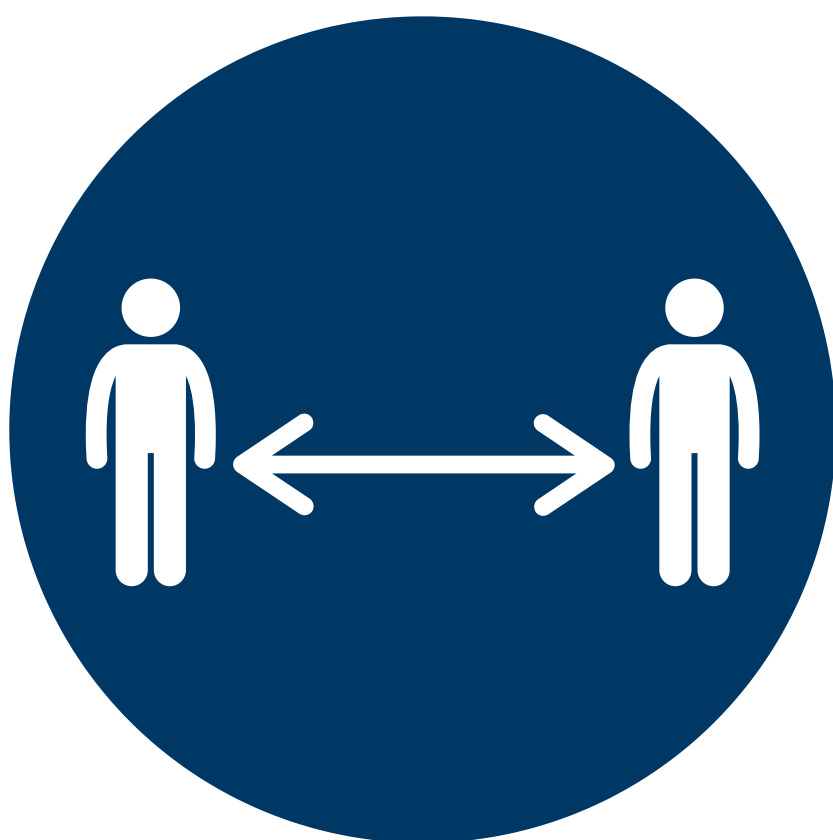
# HOW DO I PREVENT THE SPREAD OF COVID-19?



**Stay home** if you are sick with a cough, shortness of breath, difficulty breathing, fever or chills or if you are currently under quarantine or isolation.



**Wash your hands** with soap and water often for at least 20 seconds, or use an alcohol based hand sanitizer that contains at least 60% alcohol.



**Keep a physical distance of at least 6 feet** around others.



**Wear a face covering** that covers your nose and mouth in public settings.