

Protect Yourself & Others



Wash Hands Often

Clean your hands with soap and water for 20 seconds or a hand sanitizer that contains at least 60% alcohol. Avoid touching your eyes, nose, and mouth with unwashed hands.



Cover Your Cough

Cough or sneeze into the crook of your arm or cover your cough or sneeze with a tissue, then throw the tissue in the trash. Immediately wash your hands with soap and water for at least 20 seconds.



Social Distance

Keep your distance to slow the spread. Put distance between yourself and others (at least 6 feet). Remember, some people without symptoms may be able to spread virus.



Clean and Sanitize

Clean and disinfect frequently touched objects and surfaces daily with approved disinfectants - tables, doorknobs, light switches, countertops, handles, phones, etc.

Prevention

Practicing good personal health habits is the best way to help prevent getting and spreading COVID-19.

**COVID-19
Call Center
1-844-568-0701**

If you need emergency medical attention, call 911 and tell them you are having COVID-19-like symptoms.

