

Protect Yourself from Coronavirus, Flu, and Colds

- Wash your hands frequently with soap and water.
Use hand sanitizer if soap and water aren't available.



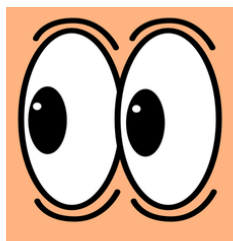
Wash for 20 seconds



- If you cough or sneeze, do so in your elbow or tissue.
If you use a tissue, dispose of immediately after use.



- Keep your hands away from your face as much as possible (eyes, nose, mouth)



- Avoid close contact with other individuals (don't shake hands).

