

Prevent the spread of COVID-19 in 7 STEPS

- 1) Wash your hands frequently.
- 2) Avoid touching your eyes, nose and mouth.
- 3) Wear a face mask when 6ft of social distancing is not possible.
- 4) Avoid crowded places and close contact with anyone that has fever or cough.
- 5) Stay at home if you feel unwell.
- 6) If you have a fever, cough and difficulty breathing, seek medical care early — but call first.
- 7) Get information from trusted sources.



FOR MORE INFORMATION GO TO:
[HTTPS://WWW.CDC.GOV/CORONAVIRUS](https://www.cdc.gov/coronavirus)