Help prevent the spread of respiratory diseases like COVID-19.

- **Stay at least 6 feet (about 2 arm lengths) from other people.**
- **Cover your cough or sneeze with a tissue, then throw the tissue in the trash and wash your hands.**
- **When in public, wear a mask over your nose and mouth.**
- **Do not touch your eyes, nose, and mouth.**
- **Clean and disinfect frequently touched objects and surfaces.**
- **Stay home when you are sick, except to get medical care.**
- **Wash your hands often with soap and water for at least 20 seconds.**

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)