



## Coronavirus Disease 2019 (COVID-19)

Stop the spread of germs (60 seconds)

[background sounds, no audio]

Stop the spread of germs

Help stop the spread of COVID-19 and other respiratory illnesses.

Wash your hands often with soap and water for at least 20 seconds.

Clean and disinfect frequently touched objects and surfaces.

Cover your cough or sneeze with a tissue, then throw the tissue in the trash and wash your hands.

Wear a cloth face covering over your nose and mouth.

Do not touch your eyes, nose, or mouth.

Stay at least 6 feet (about 2 arms' length) from other people.

If you are sick, stay home except to get medical care.

Learn more about preventing COVID-19.