



# STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory disease like COVID-19

**AVOID CLOSE CONTACT  
WITH PEOPLE WHO  
ARE SICK**

6 ft.

**COVER YOUR COUGH  
OR SNEEZE WITH  
A TISSUE**

**AVOID TOUCHING  
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**