

COMMON SENSE STEPS TO PREVENT CORONAVIRUS

Protect yourself from coronavirus and prevent spreading to others by following a few common sense steps.



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



Encourage others to wash their hands. Help curb coronavirus by taking 20 seconds to soap up.



Clean and disinfect frequently touched objects and surfaces, especially devices. Don't take your phone in the bathroom.



Avoid touching your eyes, nose and mouth.



Cover coughs and sneezes with a tissue or the crook of your elbow. Toss tissues promptly and wash your hands.



Stay home if you are sick with cold or flu symptoms, or any other illness.



If you are sick, avoid close contact with others.