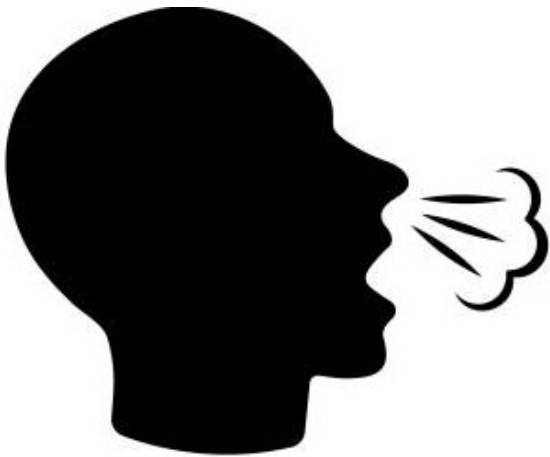


# CORONAVIRUS SAFETY

Follow these easy steps to help prevent  
the spread of COVID-1



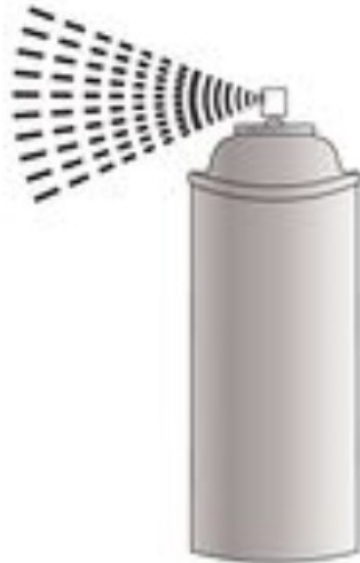
Sneeze or cough?  
Cover your mouth



Wash your hands for  
at least 20 seconds



If you're sick,  
stay home!



Disinfect surfaces  
around your home  
and work

# WAYS TO AVOID SPREADING COVID-19 or ANY VIRUS

- IF SOAP IS NOT AVAILABLE, USE AN ALCOHOL BASED HAND SANITIZER CONTAINING 60% OR MORE ALCOHOL
- AVOID TOUCHING YOUR EYES, NOSE, OR MOUTH WITH UNWASHED HANDS
- CONSIDER FOREGOING HANDSHAKES
- PRACTICE GOOD HEALTH HABITS
- USE COUGH ETIQUETTE by coughing into your sleeve, the crook of your arm, a handkerchief or tissue. Turn away from people when coughing.