

# How **YOU** can help **STOP** the spread of the COVID-19 Virus

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public health



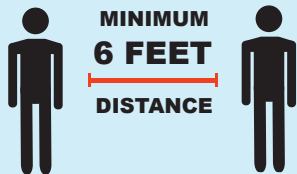
## STAY HOME

By staying home and removing exposure for yourself and to the public, the virus is denied the ability to spread.



## WASH HANDS

The virus can live on surfaces for varying amounts of time. PROPERLY WASHING HANDS FOR 20 FULL SECONDS WITH SOAP AND WATER helps to protect you and those around you.



## KEEP DISTANCE

Keeping at least a 6 FOOT DISTANCE from all people reduces the risk of transmission.

MEDICAL



DIY



## COVER NOSE AND MOUTH

SURGICAL MASKS TO BE SAVED FOR USE ONLY BY HEALTHCARE PROFESSIONALS AND THE SICK

If you **MUST** go out, a homemade cloth mask combined with a 6 foot distance can further reduce the risk of transmission to and from you. Ensure you **SAFELY** place and remove the mask and **WASH IMMEDIATELY AFTER EACH USE**.

**It is possible to carry and transmit the virus without knowing and without having any symptoms. By consistently engaging in the behaviors above, you will help to prevent the virus from being transmitted to you, as well as preventing the virus from being transmitted from you to other family and community members.**