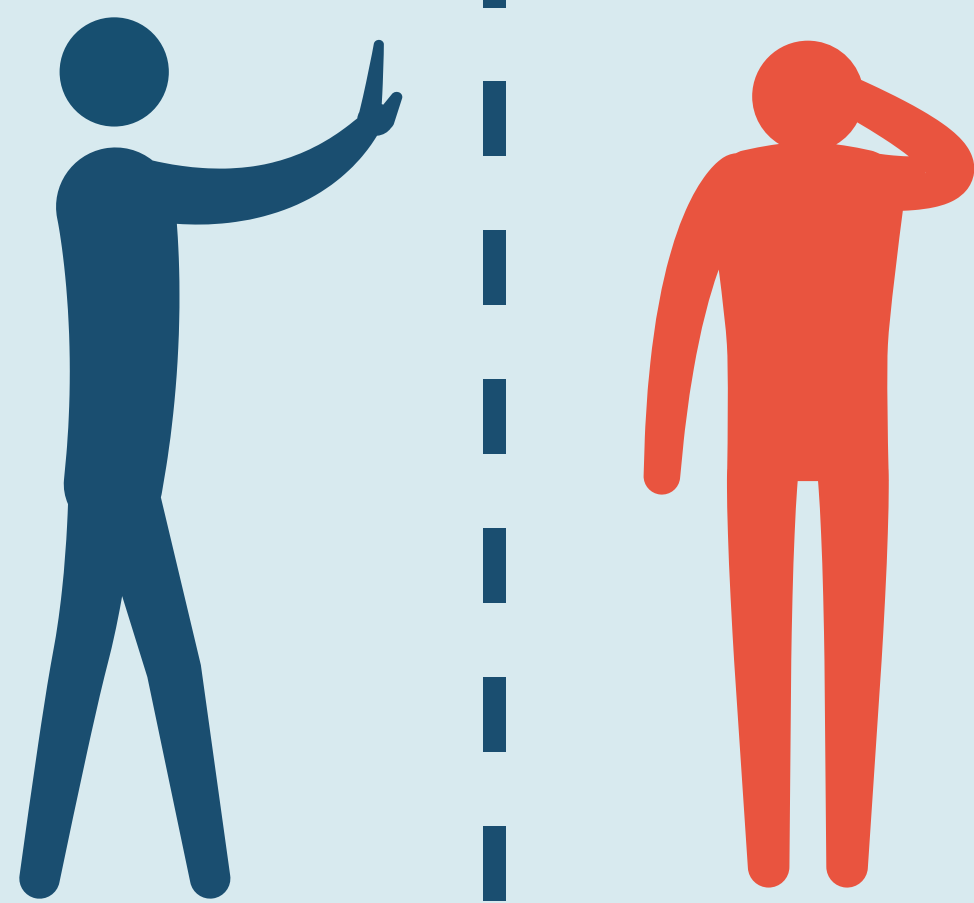


# Stop the Spread of Germs

Help prevent the spread of respiratory viruses like COVID-19.



**Avoid close contact with people who are sick.**



**Cover your cough or sneeze with a tissue, then throw the tissue in the trash.**



**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 for at least 20 seconds.**