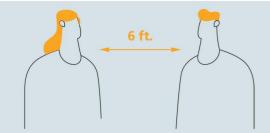


## Help stop the spread of respiratory diseases like COVID-19.



Stay **at least 6 feet** (about 2 arms length) from other people.



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

When in public, **wear a cloth face covering** over your nose and mouth.



**Do not** touch your eyes, nose, and mouth.



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



**Stay home** when you are sick, except to get medical care.



## **Clean and disinfect** frequently touched objects and surfaces.

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cdc.gov/coronavirus