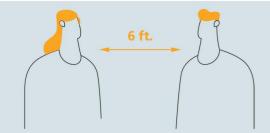


Help stop the spread of respiratory diseases like COVID-19.



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.

mitchellcc.edu

Equal Opportunity College

f 🕑 🖸





cdc.gov/coronavirus