EVERYDAY TIPS FOR COVID-19 PREVENTION

Wash your hands with soap and water or alcohol-based hand sanitizer for at least 20 seconds.

Stay at home if you are sick, except to get medical care.

Avoid touching your eyes, nose and mouth, especially with unwashed hands.

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

Clean and disinfect frequently touched objects and surfaces.

Avoid close contact with people who are sick.

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