PROTECT LOCAL

STOP THE SPREAD OF GERMS!

Regularly wash your hands with water and soap

Alcohol-based hand sanitizers that contain at least 60% alcohol offer a portable and effective alternative.

Disinfect surfaces often

COVID-19 can rest on some surfaces for up to 72 hours depending on the material. Regular cleaning with disinfectant can help prevent one of the largest spreaders of COVID-19.

Sneeze or cough into a tissue

Properly cover your mouth and nose when coughing or sneezing ideally into a tissue, or into the corner of your bent elbow to reduce spread.

Avoid touching your face

It may be hard to resist, but placing your hands on your face can lead to illness via the eyes, nose, and mouth.

Stay home if you're sick

If you begin to feel symptoms such as a mild-cough, a high fever, or other flu-like symptoms then it's important that you stay home to not risk infecting others.