

PREVENT THE SPREAD OF **COVID-19**

7 Steps

- 1 Wash your hands frequently and for 20 seconds.
- 2 Avoid touching eyes, nose, and mouth.
- 3 Cover your cough either with the inside of your elbow or a tissue.
- 4 Avoid crowded places and close contact with anyone with a cough or fever.
- 5 Stay home if you feel unwell
- 6 If you have a cough, fever, and difficulty breathing, seek medical help right away. Call first.
- 7 Get information from trusted resources.

