**PROTECT YOURSELF & OTHERS FROM COVID-19**

- Practice social distancing - 6 feet apart.
- Cover your coughs and sneezes - use your elbow if you don’t have a tissue.
- Avoid shaking hands.
- Wear a cloth face mask when around others.
- Wash your hands - 20 seconds with soap and water.
- Stay home when you’re sick - even if your symptoms are mild.

Learn more at [cdc.gov/covid-19](https://www.cdc.gov/covid-19).