PROTECT YOURSELF & OTHERS FROM COVID-19

Practice social distancing - 6 feet apart.

Wear a cloth face mask when around others.

Cover your coughs and sneezes - use your elbow if you don’t have a tissue.

Wash your hands - 20 seconds with soap and water.

Avoid shaking hands.

Stay home when you’re sick - even if your symptoms are mild.

Learn more at cdc.gov/covid-19.