

How to Stay Healthy from COVID-19



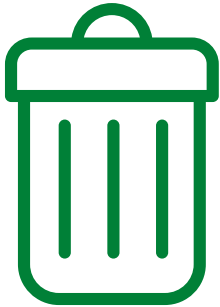
**Wash your hands
for 20 seconds**



**Cover your mouth with a
tissue or sleeve when
coughing or sneezing**



**Avoid touching
your face**



**Use tissues and
throw them away**



**Clean items around
you like doorknobs,
tables, and phones**



**If you have plans to
travel, think about
taking your trip after
this crisis is over**



**Stay home if you
are feeling sick**



**Stay home if you have
family members
who are sick**



**Call before
visiting your
doctor**