# Stop the Spread of Germs

## Help prevent the spread of respiratory diseases like COVID-19.

* Stay at least 6 feet (about 2 arms’ length) from other people.
* Cover your cough or sneeze with a tissue, then throw the tissue in the trash and wash your hands.
* When in public, wear a mask over your nose and mouth.
* Do not touch your eyes, nose, and mouth.
* Clean and disinfect frequently touched objects and surfaces.
* Stay home when you are sick, except to get medical care.
* Wash your hands often with soap and water for at least 20 seconds.

cdc.gov/coronavirus

Link to CDC Website: [Stop the Spread of Germs](https://www.cdc.gov/coronavirus/2019-ncov/downloads/stop-the-spread-of-germs-11x17-en.pdf) (https://www.cdc.gov/coronavirus/2019-ncov/downloads/stop-the-spread-of-germs-11x17-en.pdf).

The End