



# The Spread of Germs and Be Proactive



**Maintain enough distance between you and others (6 feet)**



**Avoid shaking hands**



**Cover your cough or sneeze with your sleeve or a tissue, not your hands.**

**Toss the tissue and wash our hands**



**Clean and disinfect frequently touched objects and surfaces**



**Wash you hands often with soap and water (20 seconds) or use an alcohol-based sanitizer**



**Avoid touching your eyes, nose, and mouth with unwashed hands**



**STAY HOME if you are feeling sick**



**Avoid crowded places**



**If traveling be extra cautious**