

We can all make a difference.

Cover cough.

- Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.
- Throw used tissues in the trash.
- Immediately wash your hands.

Wash hands.

- Wash your hands often with soap and water for at least 20 seconds.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

Socially distance.

- Avoid close contact.
- Maintain at least 6 feet between you and others.

**Just 20
seconds
to save
a life.**

(It may be yours)

**Washing *your* hands
is *our* best defense.**

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