

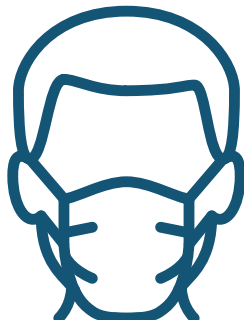
CORONAVIRUS

HOW TO PROTECT YOURSELF



WASH

your hands well
and often



COVER

your mouth and
nose with a mask



AVOID

touching eyes,
nose, or mouth
with unwashed
hands



CLEAN

and disinfect
frequently touched
objects and
surfaces

Washing hands with soap and water is
just as effective as an alcohol-based hand rub.

The CDC and U.S. health officials advise wearing a cloth or fabric face mask to help prevent spreading the coronavirus.

For more information and recommendations, visit www.cdc.gov/coronavirus.