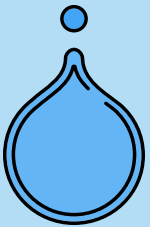


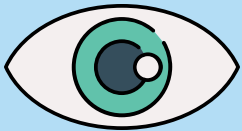
# How to Prevent Catching & Spreading **Coronavirus**

Follow these tips to prevent yourself from catching coronavirus, or from potentially spreading the virus to others.

## How to Prevent Catching The Virus



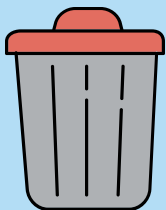
Wash your hands often, for at least 20 seconds.



Avoid touching your eyes and mouth with unwashed hands.



Avoid close contact with people who are sick.

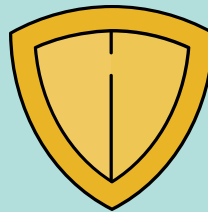


Cover your coughs and sneezes with a tissue and throw out the tissue.

## How to Prevent Spreading the Virus



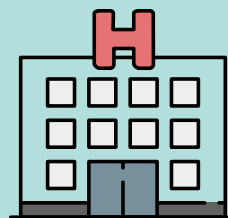
Disinfect surfaces that you touch. Wash your hands often, for at least 20 seconds.



Avoid close contact with other people. Wear a facemask to cover your coughs and sneezes.



Stay at home while you are sick.



Monitor your symptoms and seek medical attention if your symptoms worsen.