

A POSTER SHOWING THE PREVENTIVE MEASURES ON COVID-19

# COVID-19

## HELP STOP THE SPREAD

### AVOID CLOSE CONTACT

Avoid close contact with sick people, and when you are sick.

Maintain distance at least 6-ft.

### STAY HOME WHEN YOU ARE SICK

If you feel sick, go to home to prevent the spread of germs, and remain at home until better.

### Cover your mouth and nose.

Cough or sneeze into a tissue, then throw the tissue in the trash.

### Clean your hands

Wash your hands with soap and water for 20 seconds. Or use alcohol-based hand rub.

### AVOID TOUCHING, YOUR EYES NOSE OR MOUTH

Prevent touching something contaminated with germs, and then to eyes, nose, or mouth

### PRACTICE OTHER GOOD HEALTH HABITS

Routinely clean and disinfect frequently touched objects and surfaces

- \* Get sleep.
- \* Be Physically Active.
- \* Manage your stress.
- \* Drink plenty of fluids.
- \* Eat Nutritious Food.

