

KNOW THE SYMPTOMS OF COVID-19



FEVER



COUGH



SHORTNESS OF BREATH



MY MASK PROTECTS YOU,
YOUR MASK PROTECTS ME.

SPREADS THROUGH CLOSE CONTACT.



HOW CAN WE PROTECT EVERYONE FROM COVID-19?

PRACTICE GOOD HEALTH HABITS



WASH YOUR HANDS OFTEN



COVER COUGHS + SNEEZES



DON'T TOUCH EYES/NOSE/MOUTH



CLEAN SURFACES FREQUENTLY



STAY HOME WHEN SICK



AVOID SICK PEOPLE

WASH YOUR HANDS!



1 WET HANDS



2 APPLY SOAP



3 SCRUB 20 SECONDS



4 RINSE UNDER WATER



5 DRY WITH CLEAN TOWEL



CLEAN HANDS!

