

# How can you stop Coronavirus (COVID-19) from spreading?



Don't shake hands and avoid touching your eyes, nose and mouth, especially with unwashed hands



Wash your hands frequently with soap and water for at least 20 seconds



If soap and water are not readily available, sanitize your hands with an alcohol hand rub



Clean and disinfect frequently touched objects regularly (desks, door knobs, light switches, phones, handles, etc.)



Minimize contact with people who have symptoms of respiratory disease (i.e. coughing or sneezing)



Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow. Stay home if you are sick



Wear a facemask if you are sick and go out in public or if caring for someone who is sick at home

If you have any questions, please contact your supervisor.