

# COVID-19 Prevention Recommendations



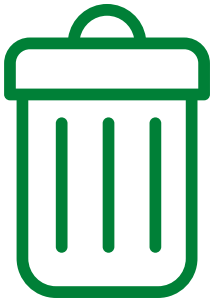
**Wash your hands for 20 seconds**



**Cover your mouth with a tissue or sleeve when coughing or sneezing**



**Avoid touching your face**



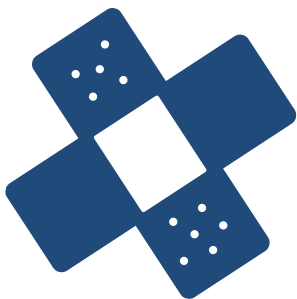
**Use tissues and throw them away**



**Clean items around you like doorknobs, tables, and phones**



**Know the risks of traveling to other towns, states, and countries**



**Stay home if you are feeling sick**



**Stay home if you have family members who are sick**



**Call before visiting your doctor**